



Blue skies, water ice seen on Pluto in latest New Horizons discovery

SCIENCE & TECHNOLOGY, PAGE B7

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COURTESY OF SOFYA FREYMAN

Joe Lieberman spoke at the MSE Symposium about partisan gridlock in Congress and the Obama Administration's intervention in Syria.

Joe Lieberman talks state of U.S. politics

By ALEX DRAGONE
Senior Staff Writer

Former United States Senator Joseph "Joe" Lieberman spoke in Shriver Hall on Wednesday night as part of the Milton S. Eisenhower Symposium's (MSE) 2015 lineup. He discussed the 2016 presidential election primaries and the current state of Syria.

Lieberman served ten years as a Democrat in the Connecticut State Senate from 1970 to 1980. He then served as Connecticut's Attorney General before being elected to the U.S. Senate in 1988.

In 2000, Democratic presidential nominee and former vice president Al Gore chose Lieberman as his vice presidential nominee, making Lieberman the first Jewish American to be on a national ticket. He also ran for the

Democratic presidential nomination in 2004, a run which he joked that "nobody remembers, probably fortunately."

Lieberman lost Connecticut's Democratic primary for the Senate in 2006 but won in the general election as an Independent. He continued to serve in the Senate until 2013, when he decided not to run for reelection, saying he wanted to leave government "unescorted."

Lieberman is now co-chairman of the political advocacy group No Labels, along with former governor of Utah and 2012

Republican presidential candidate Jon Huntsman. No Labels encourages bipartisan solutions at the federal level.

Lieberman explained how Americans perceive candidates and the importance of the election process.

"It is one of the great attributes of our democracy that we don't take our elected officials too seriously, even in good times," Lieberman said. "But the truth is that just beneath the healthy skepticism and humor, the American people have

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Administrators talk sexual misconduct

By ABBY BIESMAN
News & Features Editor

Universities throughout the nation, including Hopkins, are implementing measures to combat sexual misconduct. In light of the pervasive problem, the University has been working on developing policies and programs to minimize sexual misconduct.

Vice Provost for Student Affairs Kevin G. Shollenberger discussed the University's approach to tackling sexual misconduct.

The initiative is two-pronged: One element involves assessing systems, policies and procedures as well as how the University reports and responds to incidents of sexual misconduct. The second is changing the environment

and culture surrounding sexual misconduct.

"How do we empower people to have the conversations around this and to speak out?" Shollenberger said. "You need to have the University willing to make systematic changes, while at the same time empowering students to have those conversations with each other."

Shollenberger explained that people are influenced by suggestions from society that promote a culture of sexual misconduct.

This misinformation trivializes rape and the role of women in society, and it contributes to the sexual objectification of women, LGBTQ people and people of color. He believes that universities are in a position to

SEE MISCONDUCT, PAGE A5

Are internships worth the effort?

By CLAIRE FOX
For The News-Letter

In addition to balancing academics and social lives, many Hopkins students are also involved in semester-long internships during the school year to gain real-world experience in occupational fields. Students often view their internships as equivalent to an extra class.

Senior Callie Plapinger, an International Studies major, is currently interning for academic credit with the Council on Foreign Relations, a nonpartisan membership organization, think tank and publisher.

The council is located in Washington, D.C. so Plapinger commutes for three hours a day, three



COURTESY OF CHERISSY SCHNABEL

Though internships can be stressful, students agree they're worthwhile.

days a week. As a result, she has to plan her weekly activities carefully to balance her internship, homework and free time.

"I really have to take advantage of doing work and seeing friends on the weekend in order to balance the commute," Plapinger wrote in an email to The News-Letter.

Last spring, senior Chrissy Schnabel, an anthropology major, worked as a marketing intern for Fila USA, a sportswear

SEE INTERNSHIPS, PAGE A4

which in addition to Bartoletti includes Executive Treasurer Matthew Bee and Executive Secretary John Stanton.

"The government continues to work at its highest efficiency to benefit all students, and it will not be impeded during this transition process," Plush wrote.

Per the SGA constitution and by-laws, Bartoletti, a senior, will succeed Plush, and the vacancy in the vice presi-

dency will be filled from within the SGA. Bartoletti will appoint three current SGA members, and then the Senate will choose among the candidates.

The vote will take place at the next SGA

SEE SGA, PAGE A4

Gender equity dir. to start Nov. 18

By KELSEY KO
For The News-Letter

The University recently created the new position of gender equity director. Dr. Jeannine Heynes, who has a Ph.D. in Women's Studies, will assume the position on Nov. 18.

Issues of gender equity have received both national and campus-wide attention in past decades. Hopkins has been making ongoing efforts to diminish inequality among the sexes on campus.

"This has been a conversation at JHU for many years, dating back to the

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INSIDE



NEWS & FEATURES

Alternative break focuses on homeless



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR
The Center for Social Concern runs service-themed alternative breaks.

By SYDNEY RIEMER
For The News-Letter

The Center for Social Concern (CSC) is beginning its alternative break program this year with a weekend-long trip in November focusing on hunger and homelessness in Baltimore.

The program, called Breaking in Baltimore, was established in 2008.

"[The program] is designed to give Hopkins students the opportunity to connect with Baltimore in a unique and meaningful way. Students will make a difference in their own community by participating in these programs and will discover pressing social issues faced by the City of Baltimore and its people," the CSC's website states.

This year the CSC will be running six trips total — four week-long trips during Intersession and one weekend trip during the Fall and Spring semesters.

The first trip, called "Breaking in Baltimore: Hunger and Homelessness" will happen on the weekend of Nov. 13. Sophomore Isabella Bowker, one of the two student leaders for the trip, explained the purpose of the trip.

"Students will stay off campus as a group for the weekend in a hostel in Mount Vernon, will make meals together and participate in a variety of service opportunities including working at Real Food Farm," Bowker said. "We'll participate in something called the Injustice Walk, which is basically a way of actually meeting some people who have faced homelessness before in Baltimore and learn about the hardships they have to face within the bureaucracy of the system and how it's really difficult to get the resources they need."

Several local organizations will work with students on the trip, including Real Food Farm, which brings farm produce to the Baltimore community; Our Daily Bread, a Catholic charity that serves food to local residents; Faces of Homelessness Speaker's Bureau, a forum for people who have experienced homelessness in Baltimore to speak to the greater community; and My Sister's Place, a women's shelter in Mount Vernon.

The Faces of Homelessness Speaker's Bureau will give trip participants the opportunity to hear about the realities of homelessness from people who have experienced it firsthand.

"The way the Speaker's Bureau works is that it's a collective of people who have in the past or are currently experiencing homelessness. And because they have had personal experience they

have a lot of insights into what their day to day life is like and the challenges from securing even a spot in one of the shelters to balancing work when you don't know when your next meal is going to come from," Bowker said. "Because a lot of homeless people actually are employed in some capacity, they are either full or part time."

Bowker spoke about how those experiencing homelessness deal with government bureaucracy, emphasizing how local, state and federal government provides inadequate resources for them. She participated in the same trip last year, and said that she found the trip to be rewarding enough that she came back to lead it this year.

"I met a lot of really cool people who I still talk to all the time. There's just something really nice about a friendship... starting through a shared and really positive experience that can't really be replicated on campus," she said.

Bowker explained that it was not only her fellow classmates that made the trip memorable but also the people she helped, particularly two women whom she helped tutor in math.

"The most impactful experience for me was when we were serving breakfast at My Sister's Place, and there was this woman who was studying for her JD or some equivalent, and I ended up tutoring her in math," she said. "I'd done some teaching before but it was just this really nice moment of developing a community just between us at this table. It was a nice moment of helping her accomplish this goal."

Students interested in going on this trip must fill out an application by Oct. 26th. For those who can't make the trip this fall, there will be another weekend trip in the spring and four week-long courses that can be taken for two credits during Intersession, covering a variety of topics such as urban education and HIV/AIDS.

Bowker believes that these trips can appeal to a wide range of students.

"Any student who has wanted to or wants to get to know Baltimore [from] more than just a Hopkins bubble perspective would enjoy this trip. And especially for students who have sort of been too intimidated to try service without the structure of an organization or a group, this is the best way of doing it," she said. "And then once you've seen it through that lens... you have that sort of activist perspective, and from there then it's much easier in turn to do that in the future of your own volition."

"My dad passed away when I was about five, and

Rikers Island employee talks prison reform

By PETER JI
For The News-Letter

A former employee of the Rikers Island jail complex, Mary Buser, spoke at Red Emma's Bookstore and Coffeehouse on Tuesday about her experiences working as assistant chief of the complex's mental health department.

She spoke about her recently published book *Locked Down on Rikers: Shocking Stories of Abuse and Injustice at New York City's Notorious Jail*.

Rikers Island, located in the East River between Queens and the Bronx, is run by the New York City Department of Correction. The complex, which encompasses 10 jails, is one of the largest correctional facilities in the country and has been regarded as notorious in the United States for its history of inmate abuse.

While prisons usually hold people serving long sentences, jails like those at Rikers hold people awaiting trial, people awaiting transfer to another facility and people serving sentences of one year or less.

After working at Rikers, Buser became a social advocate on behalf of the incarcerated and mentally ill, who often receive insufficient care in U.S. jails. She spoke about the frustration of working with solitary confinement cases and her inability to provide for these inmates' emotional and psychological needs during her time at Rikers.

The event was promoted by Interfaith Action for Human Rights (IAHR), a regional organization that aims to end torture on U.S. soil as well as other actions that violate human dignity. One of their core goals is to end solitary confinement, a practice that Rabbi Charles

Feinberg, the IAHR director, views as morally wrong and mentally and emotionally damaging to prison inmates.

Feinberg introduced Buser by emphasizing the need for more public awareness of the problem.

"We believe strongly that each human is created in the image of God, and each human being deserves respect no matter what he was done... Within our prison system, more opportunity should be given for people to change so that they can experience enrichment. We are trying to organize religious organizations and the general public and say that solitary confinement is a form of torture, and it has no place in our society," he said.

Buser started her work in mental health at Rikers as a graduate student at Columbia University's School of Social Work.

"I was assigned to an internship at Rikers Island. I was on the clinical track to become a therapist. Early on, when I was younger, I did work on a suicide hotline in Boston, and I worked at a jail in Boston, and that was my first encounter with the incarcerated," she said.

Buser explained her disillusionment with the environment of neglect that the correctional officers and mental health professions maintained. She believes solitary confinement exacerbates the severity of mental illnesses, despite prison health workers' efforts.

"There is a large population of the jail that receives mental health services. The stress of incarceration, the uncertainty of what will happen... and tremendous separation from family really takes a toll. There's a lot



HERR SATZ/CC-BY-SA 2.0
The Rikers Island jail complex in N.Y. houses over 11,000 prisoners.

of the general population in jail who receive antidepressants or therapy," she said.

Of the 11,000 inmates at Rikers Island, nearly 40 percent have been diagnosed with a mental illness, according to *The New York Times*. Two former inmates who experienced solitary confinement followed the speech. Dwayne Davis spent time in jail in Illinois and New York for drug charges and spoke about the relationship between the broken jail system and social injustice.

"You are conditioning our youth to accept prison as a way of life. They see their loved

ones coming out of central booking... It's a social experiment because they enslave the same type, the same race of people," Davis said. "You designed the prison industry in no different way than you designed the slave trade. We need to start fighting this war on drugs, because it's a war on people."

He echoed Buser's statements that the injustices in the American correctional system overwhelmingly affect the disadvantaged.

"Rikers cannot be seen from roads, but from flying into LaGuardia it looks like an industrial building with lots of barbed wire," Buser said. "It holds those who are waiting for their day in court but cannot pay bail and thus it is a prison for the poor."

Buser rejected the notion that jail guards use solitary confinement solely on inmates who pose a danger to others. She believes that it is often used unjustly, especially those who suffer from mental illnesses. According to Buser, many of the mentally ill on Rikers are being held on minor charges that usually would not lead to a jail sentence.

"It's a disgrace to society because their charges are loitering and trespass-

ing. Not that the mentally ill are not capable of doing crimes, but that there is a far greater proportion of them in jail," she said.

Feinberg emphasized the need not only to reduce the use solitary confinement as a disciplinary measure, but also to eliminate the use of administrative segregation. This segregation occurs when guards perceive inmates to be a threat, even if little evidence exists to support that assumption, and they are then transferred to solitary.

A former inmate spoke about being placed in solitary because guards feared that he might lash out after the murder of his sister while he was in jail.

Feinberg offered ideas for reforming solitary confinement policies.

"First we have to change hearts and then we can change minds," Feinberg said. There's a lot of work we have to do in Maryland to reduce the number of people in solitary."

Jane Parker, a Baltimore resident, related her interest in social activism with the anti-Vietnam protests.

"I am trying to educate myself about what I can do besides signing petitions. I read a book recently called *Held in the Light*. [The writer's] husband in 1965 went in front of the Pentagon, poured kerosene on himself and set himself on fire. I had trouble deciding whether that singular action made a difference or not. That book answered the question," she said.

Margie Roswell, a Baltimore resident, said that the discussion galvanized her.

"There's been activity in the Maryland legislature, but I'm committed after tonight to [being] more engaged," she said. "I did not know that a person could be committed to solitary confinement for administrative reasons, like if [his or her] sister was murdered."

From rural Ghana to Hopkins: a migrant's journey

By SABRINA CHEN
For The News-Letter

George Mwinnyaa was a 25-year-old community college student working as a substitute janitor at a Nevada elementary school when he saw a computer for the first time in his life. He vividly remembers the thrill of opening that classroom door and finding row after row of laptops lined up perfectly on the desks.

"I was fascinated because I had heard about these machines and all the wonderful things they could do," he said. "It was crazy because right then I realized students in America, the same students in my college classes, had access to computers since elementary age. And this was my first time seeing one!"

Mwinnyaa was born and raised in a small town in Ghana, the youngest in a household of 32 children. He and his siblings had one father who was married to seven different women at the same time.

"My dad passed away when I was about five, and

[at] that point every wife was responsible for her own kids. My mom had seven of us, and schooling was very difficult," he said. "I attended a public high school, and conditions were awful. After high school I couldn't even go to a university in Ghana."

Instead Mwinnyaa decided to participate in a two-year certificate program aligned with the Ghana Health Service that spurred an interest in public health. Following the completion of this program, Mwinnyaa married a Peace Corps volunteer from the United States who was stationed in Ghana. The two then decided to move to the U.S.

Mwinnyaa took this opportunity finally to attend college. He started off at Truckee Meadows Community College in Reno, Nev. while also taking on small jobs to support his family. Mwinnyaa recalled experiencing culture shocks in the first few months after immigrating.

"When I worked in a school cafeteria I was

shocked that kids would take one bite of their meal and throw the rest away — you would never see that in Ghana," Mwinnyaa said. "Also, working as a custodian and seeing the laptops, that scared me. I thought to myself I'm going to college with students who have known and used computers ever since elementary school. How am I going to make it?"

Mwinnyaa turned his disadvantage into motivation, reminding himself that he would have to study twice as hard in order to keep up with the students in his classes. He graduated last spring at the top of his class, with a transfer acceptance to the best public health university in the U.S.: Hopkins.

Although Mwinnyaa says he is fortunate to be where he is now, he misses some parts of life in Ghana. "In Ghana, every pleasant morning you go to greet your neighbor or your neighbor comes to greet you, just to check on how your night was.

But here, I've lived in Nevada for two years without knowing the name of my next door neighbor," Mwinnyaa said. "I miss that social, open, free society. You almost never feel lonely in Ghana. You almost never feel like there is no one to talk to."

Additionally Mwinnyaa said that as an immigrant, he is subject to stereotypes and ignorance of his mother country.

"A lot of people have preconceived ideas when they find out I come from Africa," Mwinnyaa said. "Someone once asked me, 'I've heard that people sleep on trees' or 'Is it true that people live with monkeys?'"

He remains grateful, though, for the opportunities he's had in the U.S.

"If you ask if I ever thought about finding myself here, I would say that this was never part of my wildest dreams," Mwinnyaa said. "I couldn't even attend university in Ghana, how could I even think about studying at a top university in America?"

Math professor talks media and statistics



COURTESY OF JOCELYN BAO

HUSAM hosted professor Talitha Williams who spoke about statistics.

By JACQUI NEBER

News & Features Editor

Talitha Williams, an associate professor of mathematics at Harvey Mudd College, spoke at Hopkins as part of the Hopkins Undergraduate Society for Applied Mathematics (HUSAM) series of lectures. The series aims to make math fun and accessible for all students regardless of major. The talk was held on Wednesday, in Hodson 110 and was also hosted by the Black Student Union (BSU) and the Society of Women Engineers.

Williams divided the talk into sections. She focused on how statistics reported by different news outlets can be misleading or used incorrectly, leading to an altered public perception of their meaning.

She took time to show different charts and statistics used by news agencies that statistically didn't make sense, using several examples from both Fox News and CNN. She pointed out similar problems with statistics often found on cereal boxes. According to Williams, these examples showed the audience how the media misrepresents information in modern day America.

Williams described the purpose of collecting data and its potential drawbacks.

"Ultimately the goal is, what can we infer from this information we collected?" Williams said. "The goal is to see what you learn about it... But often that information is misrepresented."

When discussing information posted on different breakfast cereal boxes, Williams described some of the problems with such misrepresentation.

"It led people to believe that if you bought this cereal for your child, somehow by them eating a bowl every morning of this sugary carbohydrate treat, they were somehow going to boost their immune system," she said.

Williams further explained that scrutiny by the Food and Drug Administration (FDA) and an investigation by the Federal Trade Commission (FTC) forced the Kellogg's cereal company to impose stricter informational guidelines on its products. This was the second time in one year that Kellogg's had come under investigation.

"We expect better from a great American food company that is making dubious claims not once but twice that a cereal improves children's health," Williams said.

Williams is also currently conducting research with the World Health Organization (WHO) and spoke of the organization's collection and analysis of data on cataracts in Africa.

She discussed some challenges of collecting data in different African countries where information like dates of birth are not so readily available as in the United States. She said that these challenges force data collectors to be creative with the questions they ask subjects to come up with age estimates.

Students had positive reactions to Williams's points. Senior Agastya Mondal, the public relations chair of HUSAM, said he enjoyed the discussion. Mondal said about 250 people attended the lecture, including local Baltimore high school students. He was pleased by the turnout and the quality of the event.

"The talk was really dynamic. She's a really good speaker," he said. "I think it's hard sometimes to get people interested in math, particularly the real-world application of it, and to have someone who's so excited about [it] is really cool for us."

Sophomore Jared LeBron echoed Mondal's sentiment about Williams. He was enthusiastic about the discussion topic and the way statistics were presented.

"I thought it was really cool for such a prominent figure in the world of statistics to come to Hopkins," LeBron wrote in an email to *The News-Letter*. "Not only was the presentation on her research of cataracts interesting, but her lecture on how big companies portray statistics to their benefit was eye opening as well!"

Sam Fossum contributed to the reporting.

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NEWS & FEATURES

Running Festival returns for 15th year

By ABBY SHEGELMAN
For *The News-Letter*

The Baltimore Running Festival, which included a marathon, half-marathon, 5K and a Kids Fun Run, returned to the streets of the Inner Harbor, Federal Hill and Fells Point on Saturday for its 15th year. Many Hopkins students participated in the races.

One notable difference with this year's event in comparison with those of the past was the number of runners who signed up. Numbers were down six percent from last year, most likely due to the April unrest, according to race organizer Lee Corrigan.

Sophomore Grant Shewmaker participated in the event.

"It was incredible to see the whole city come together. The love and support from the neighborhood families, volunteers and fellow runners was inspiring. It was an experience I'll never forget!" Shewmaker wrote.

The marathon drew the most participants for the Running Festival and is the fastest-growing marathon in the United States. Participants began at Camden Yards and ran through several neighborhoods before ending where they started.

Although the Baltimore Marathon is only 15 years old, Baltimore has featured other marathon races before, such as the Maryland Marathon, which was held from 1973 to 1980 and which evolved into the Baltimore City Marathon, held from 1981 to 1989.

Approximately 24,000 runners, hailing from all 50 states and representing 29 countries, attended the festival on Saturday. The male marathon-winner Dan Berdan finished with a record-breaking time of 2:30:22.

On WBAL Baltimore, he described his experience as encouraging and rewarding and said he signed up this year specifically in order to help shed a different better light on Baltimore.

"With everything that Baltimore is going through... This would just be a great thing for the



COURTESY OF MENGLI SHI

The Baltimore Running Festival drew about 24,000 runners, including several Hopkins students.

city," he said.

The female marathon winner Caitlin Gaughan finished with a time of 2:58:13.

Sophomore runner Jessica Kang recounted her experience in an email to *The News-Letter*: "The run felt a lot easier than I expected because everyone around me was really good. Everyone was super pumped up. Community members were sitting on chairs outside their homes cheering on runners," Kang said.

Sophomore Sofia Schonenberg wrote in an email to *The News-Letter* that participating in the event gave her a sense of accomplishment.

"It felt really great to accomplish something I had been working towards for so long. Running such a long course, I saw and felt Baltimore on a raw level through its vibrant neighborhoods and energetic community in a way I wouldn't have before," she wrote. "I would definitely recommend this course to everyone, the support you receive from the city and its people is incredible."

Freshman Samantha Getsin, a spectator, found the event inspiring.

"I love the atmosphere. I want to start training so I can be a part of something this special," Getsin said in an email to *The News-Letter*.

According to Police Commissioner Kevin Davis, the Baltimore Police Department had not anticipated any threats to the event. Officers were stationed around the city to direct traffic.

Saturday's race was his 200th career marathon. He ran the 26.2

mile course in honor of American soldiers who perished in battle, with their pictures taped to his back, and finished the last mile with a police escort.

Some runners stood out, such as Michelle Prieto. According to a WBAL-TV article, Prieto has been running in the Baltimore marathon since its establishment 15 years ago. She said that she remembers her first time running in the running festival clearly.

"I very vividly remember a woman standing on her steps in west Baltimore singing the national anthem, and it was just beautiful," she said.

According to Prieto, that sense of pride and unity was echoed in this year's marathon as well.

According to a *Baltimore Sun* article, Sid Busch, a 69-year-old Navy veteran from South Carolina, was the last person to finish the race.

Saturday's race was his 200th career marathon. He ran the 26.2

mile course in honor of American soldiers who perished in battle, with their pictures taped to his back, and finished the last mile with a police escort.

Sophomore Naomi Rodgers, who ran the half-marathon, wrote about her experience in an email to *The News-Letter*.

"There were people from all walks of life, from eight-year-old girls to men outside the rescue mission, and everyone was so encouraging and enthusiastic!" she wrote.

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COURTESY OF MENGLI SHI

Saturday's race routes passed through several local neighborhoods.

Student Leadership Consultants seek to recruit new members

By SHERRY SIMKOVIC

For *The News-Letter*

Student Leadership Consultants (SLC), a group of juniors and seniors that assists student organizations on campus, is working to fill its ranks for next year. The Student Leadership and Involvement office, a division of the Office of Student Life that works with SLC, will be selecting 24 sophomore and junior students to join the SLC.

In collaboration with the Student Leadership and Involvement office, SLC leads workshops for student organizations, facilitates emerging leadership programs and plans campus-wide conferences each semester.

"[It] provides services for student groups such as campus space reservations, managing on-campus financial accounts and mail and package reception," reads a statement on the website of the office of Student Leadership and Involvement.

"I am part of the consulting team. My team

Lizzie Kim, a member of SLC, explained the SLC's relationship with the Student Leadership and Involvement office.

"SLC works directly with the Student Leadership and Involvement office, to essentially help improve student life at JHU," Kim said.

The office's mission statement outlines the ways in which it assists the student body.

"Student Leadership and Involvement enhances the student experience outside of the classroom through supporting student clubs and organizations, creating and promoting involvement opportunities for all students and encouraging leadership development through practical experience," it states.

According to Kim, SLC is divided into four teams: the experiences team, the seminars and workshops team, the conferences team and the consulting team.

"I am part of the consulting team. My team

and I went through various trainings on leadership and have held many discussions on strategies for working in diverse teams and dealing with issues facing Hopkins leaders and groups," Kim said. "From this we gained the skills that we need to advise and guide students in making their student organization more efficient and impactful."

Additionally student groups may apply for various campus grant programs to support organization activities through the Student Leadership and Involvement office. The staff are available to advise student groups when they hold on-campus programs and events. The website provides online tips for arranging events with articles such as "8 Steps to A Successful Event."

According to Kim, SLC members also work closely with administration

and I went through various trainings on leadership and have held many discussions on strategies for working in diverse teams and dealing with issues facing Hopkins leaders and groups," Kim said. "From this we gained the skills that we need to advise and guide students in making their student organization more efficient and impactful."

One thing that really resonated with me was when Dean Sanchez came to speak to us about student experience and how when she asked alumni what their experience of student life was like at Hopkins, many responded saying that they 'survived,' said Kim. "As a student leadership consultant, my own personal goal this year is to change this outlook on student life to something that we really value and reflect back on with a more positive outlook."

Student Leadership and Involvement is the group that writes the "Today's Announcements" emails that Hopkins students receive each day.

To be eligible to join SLC, applicants must be present on the Homewood

Campus for the entirety of the 2016-2017 school year and must be available for training on various dates in early 2016.

Applicants must be available for three hours per week to hold office hours for consultation walk-ins for student leaders and to assist the professional staff of Student Leadership and Involvement.

According to the Facebook event, strong SLC candidates should possess qualities such as the "desire to work in a highly collaborative, developmental environment [and be curious] about leadership theory, group dynamics, and/or social advocacy."

Upon completing their training, SLCs will be paid hourly when they hold office hours, lead workshops or assist with leadership conferences. SLC members for the 2016-2017 school year can expect to earn between \$400 and \$500 per semester.

NEWS & FEATURES

Bartholet to assume SGA vice presidency



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Jason Plush, stepping down, will be replaced by Jack Bartholet as SGA executive president.

SGA, FROM A1
meeting on Tuesday, Oct. 27, and Bartholet emphasized that the executive board will be working together to nominate the best candidates.

Plush's decision was made after considerable discussion with the executive board members, and he has since spoken frankly about his difficulties with mental health and with managing the demands of leading the SGA and student body.

"Recently, I've been suffering from some mental breakdowns," he said. "I haven't been sleeping enough. I haven't been taking care of myself and I've been struggling trying to deal with a bunch of conflicting emotions that I've been feeling. I've been feeling bouts of depression from time to time. It's been eating away at me, and it's been causing me to not perform to the best of my abilities in my current position."

Plush explained that he wanted to do not only what was best for himself, but also what was best for the University.

"I can't stress enough how difficult, time-consuming and tough and unforgiving this decision has been," he said. "I don't think it's very fair to the SGA itself as an organization, to the entire undergraduate population at the University and to myself to continue on in this role if I feel mentally unfit to continue to perform the duties. I don't want to be the person who is responsible for holding back the productivity, the efficiency and the overall fluidity of the organization."

He elaborated on why the decision was difficult, citing his distraction from academics.

"We all attend this University to be students first, and one of the things that I have realized through this self-reflection process is that I haven't been prioritizing my academics," he said. "I feel as though I'm falling behind in a lot of my classes. I feel like I'm not able to take my classes seriously because of how much emotional stress I have been dealing with, from SGA and from other sources as well."

Bartholet praised Plush's decision to recognize his own struggle as a role model for other students to follow.

"Plush's decision is really an admirable one," Bartholet said. "It's someone looking at their own mental health and saying, 'I need to take some steps to make myself feel better.' I hope that all students take that lead."

The two discussed the broader issue of mental health at Hopkins and the stigma that can prevent someone from seeking help. The most common problem of students who visit the Counseling Center is generalized anxiety and worry, but there are

likely many more who do not seek help.

"A lot of people don't like admitting to themselves that they're not okay. What I've realized through a lot of this self-reflection is that it's okay to not be okay all the time," Plush said. "I think it would be abnormal if somebody is completely happy and incredibly positive all the time. I feel as though people need to be able to feel as though they're able to voice their concerns to themselves, their peers or their friends openly and

not feel as though they'll be judged as weak or fragile."

S G A
plans to address mental health in the near future, beginning with a dinner on Thursday, Oct. 22, with University President Ronald J.

Daniels, Provost Robert C. Lieberman and other administrative officials.

"We've developed a strong agenda, and the number one thing we're tackling is mental health and mental illness," Plush said. "Jack and I and numerous senators are really passionate about figuring out this issue because it's astounding to me how many people I've personally talked with who are coming out saying that they're battling depression or they're seeing someone regularly... It's becoming more and more of a known problem on campus."

They feel that the administration needs to approach mental illness from a different perspective, focusing on the underlying factors that can lead to an overly stressful or unhealthy environment at Hopkins.

"What we've requested is a holistic approach," Bartholet said. "We want them to look at tuition, at academics, at scheduling rather than band-aid solutions of throwing more resources at mental health. Rather than looking at the symptoms like binge drinking during Orientation, let's talk about mental health, the root of these symptoms."

Plush discussed one of the problems with the traditional way of studying mental health that relies on statistics and data.

"The main reason we're bringing it to the president is that we feel that a lot of administrators are stressing for quantitative data about how people are feeling. And quite honestly I think that's very ridiculous," Plush said. "I think that as soon as students come out and say, 'I've been battling depression, I've been battling anxiety,' I don't think you need a quantitative measure."

"What's prompted a lot of this is students opening up," Bartholet said. "And I'm delighted to see that there's finally a conversation around mental health that's frank and open. It's caused us to ring

some alarm bells with the administration, and we've alerted Dean [of Student Life Terry] Martinez and the vice provosts and the provost."

Beyond administrative efforts, both Bartholet and Plush addressed the need for a culture change on campus.

"We need to respect people who say, 'Look, I'm going through something, and it's inside me, it's not an external malady. I don't have pneumonia,

but I'm still just as sick and I need as much help, maybe more,'" Bartholet said, referencing an opinions piece in *The News-Letter* by sophomore Simon Barnett.

Other student groups are working as well to combat the misconception that mental illness is rare or shameful. Active Minds raises awareness of mental health issues through open dialogue, and A Place to Talk provides peer listening services for students.

"The more dialogue we can have on this campus, the more aware and informed people are going to be," Plush said. "I think that's also very important to process that. The change is going to be difficult for the way that not only students discuss mental health on campus, but also the

misconception that mental illness is rare or shameful. Active Minds raises awareness of mental health issues through open dialogue, and A Place to Talk provides peer listening services for students.

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way that SGA and the administration are going to approach the issue. It's going to be a long and arduous task, but it's one that we're committed as an SGA to tackling and that I know a lot of students on campus are passionate about."

Bartholet's assumption of the presidency will likely be a point of contention for some students after his controversial election last spring.

His challenger for the vice presidency Sophomore Class Senator Sarah Zappone, who ran on a ticket with the other three members of the current executive board, was disqualified for campaign violations. The ruling by the Committee on Student Elections (CSE) declaring Bartholet the victor was opposed by many students.

"I understand that frustration, I do," Bartholet said. "I really have bought into Plush's vision, and as president I hope to just continue that. That's why I've been working with the CSE chair and revise the election code to make it more responsive to the actual needs of the community and less arbitrarily draconian."

He hopes that building up the legitimacy of SGA will help it become more of a community and he plans to bring up the issue at the dinner with Daniels.

"I understand the concerns," Bartholet said. "But this is the situation we've got, and I think that as a school we need to come together and prop SGA up as an important tool for students."

Plush reiterated his support for Bartholet and said that they have overcome any initial challenges.

"Last year was a difficult year. We as an executive board moved past that a long time ago because we know that to make the overall student experience at this University the best it possibly can be, we are going to have to work together," he said.

"I have full confidence that Jack will do a great job when he steps up for me as I work through a lot of these issues that I'm currently handling."

Fighting for rights: undocumented in U.S.

By SABRINA CHEN
For The News-Letter

It was during her two years at community college that she found the safe space to come out publicly as undocumented. It was also in community college that Medina-Pardo started a DREAM team.

"DREAM comes out of the acronym from the DREAM Act and stands for Development, Relief and Education for Alien Members," she said. "The purpose of the team was to be a safe space for undocumented students like us."

Medina-Pardo said once the team began, it gained members rapidly. She herself got involved in many big campaigns like "United We Dream" and campaigns to pass laws in her state of New Jersey. She also continued working with her family and lawyers to obtain citizenship.

In November 2013, 14 years after they first came to America, Medina-Pardo and her family became permanent residents of the U.S. The following May she graduated from community college and transferred to Hopkins in the fall of 2014.

"For me what's really crazy is that I became a resident right before I had to submit all my college transfer applications," Medina-Pardo said. "It was amazing timing because many universities, like Hopkins, don't give any sort of financial aid for undocumented students."

Medina-Pardo said that after coming to Hopkins she thought about starting an immigrant activist group here, but because of time constraints was ultimately not able to do so. However, she hopes that the minority of undocumented students at Hopkins find places on campus where they can find people to open up to.

"I still stay connected to the DREAM team from my community college, and they are continuing to do some amazing things," Medina-Pardo said. "I remember how scary it can be to call yourself an immigrant, and it's so important that undocumented students have resources and can find that safe space."

Students work to balance internships, social life

INTERNSHIPS, FROM A1

company. She assisted the global marketing manager to develop on-site activation programming at sponsored tennis events and apparel collection launches.

She also coordinated a uniform outfitting program for Fila-sponsored junior tennis players and coaches and created an archive for all press and social media mentions for the tennis public relations team.

Schnabel worked twice a week for a total of seven hours per week, so she had to find a compromise between schoolwork and her internship and advises other students to do the same.

"I purposely only took four classes that semester instead of my usual five, so that I wouldn't get overloaded with work. Because of this I was always able to make time for schoolwork, clubs and a social life," Schnabel wrote in an email to *The News-Letter*. "I think that it's important that

students approach an internship during the semester as if it was another class. If you're the kind of student that can't really handle taking six classes at once, then you probably won't be able to handle five classes and an internship."

Senior Charlotte Pomp, an East Asian studies major, is currently participating in a paid internship with RBC Capital Markets, a Canadian investment bank. She is working on wealth management for the Washington Wealth Group out of a Chevy Chase, Md. office.

Pomp signed up for multiple once-a-week classes in order to give her time to work and commute but said she has little time for a social life.

"In my sophomore and junior years, I used to be focused more on going out, and now I have no life because all I do is apply for jobs and go to my internship," Pomp said. "Trying to get into finance from Hopkins is very tough."

Senior Jenn Roche, an International Studies major, does not have to factor in a commute to her experience interning at the Housing and Urban Development Department of the U.S. Government. However, she instead has to fit in 10 hours of virtual work via email per week.

Despite learning from a previous experience during her sophomore year that substituting an internship for a class allows for more free time, Roche described her current position as a significant addition to her schedule.

"I treat it like a class, so I'm diligent and complete my work each week. It's really hard to balance everything between classes and working and everything else that comes with being a student," Roche wrote in an email to *The News-Letter*. "I definitely feel like I have less free time, and I have to really schedule myself."

Though internships during an academic se-

mester can cause stress due to time management and heavy workloads, Plapinger, Schnabel, Pomp and Roche all agree that the benefits of a semester-length internship outweigh the potential stress.

"I think the internship is great because it's pre-professional experience and my bosses are phenomenal," Pomp said. "[Students] should definitely intern because it's helped so much with my apps to full time jobs right now."

According to Roche, not only will participating in an in-semester internship give students occupational experience that cannot be learned in a classroom, but it can also build students' character to show to future employers.

"I recommend other students do an internship to gain more experience and boost your résumé. It shows that you can handle a lot of responsibilities at once," Roche wrote. "Just make sure not to overload yourself!"

NEWS & FEATURES

Shollenberger, Campbell discuss combatting sexual misconduct

MISCONDUCT, FROM A1
educate students and to challenge preconceived notions.

Sexual Assault Prevention, Education and Response Coordinator for the Center for Health Education and Wellness (CHEW) Alyse Campbell said that this conversation is valuable to have on campus and with the greater community.

"College campuses offer a unique place for survivors to interact with each other and to talk with each other and to realize that they are not alone," she said.

In August, the administration updated the University's Sexual Misconduct Policy and Procedures. At a dinner with the Student Government Association (SGA) on Tuesday, one issue discussed was the possibility of hosting another forum to gather feedback on the policy and sexual misconduct.

Shollenberger said that he has received some positive feedback from students. The administration also has received feedback about the security alerts regarding sexual misconduct, which often include safety tips. Many students and faculty members pointed out that the tips focused on avoiding situations where one is more susceptible to sexual misconduct. The respondents were concerned that the wording had a connotation that blames victims for sexual misconduct.

"Our intention certainly was [that] we want people to stay safe," Shollenberger said. "I still think those are good tips, but I can see how that feeds into victim-blaming."

In a campus security alert sent on Oct. 9, a student reported an alleged drugging at the Sigma Phi Epsilon (SigEp) fraternity house, and a possible sexual misconduct at an undetermined location. Shollenberger discussed whether there would be consequences for the fraternity.

"It's kind of premature to say. The Office of In-

stitutional Equity is still doing their investigation, so until we get the results of that investigation and what the outcomes are, I'm not really in a position to say what the implications are to the actual fraternity," Shollenberger said.

Sophomore Katelyn Billings discussed how she views how sexual misconduct has been handled.

"Each and every time I get an email, it's about a Greek organization," Billings wrote in an email to The News-Letter. "I find it incredibly unlikely that all of the

sexual violence that happens on this campus is related to Greek life."

Sophomore Melissa Paton agrees that this is not just an issue that pertains to Greek life.

"The University

should stress that it's not just on fraterni-

ties to make sure drugs don't get into their drinks, and it's not just up to students to make sure their partner is consenting... Fraternities are now dis-

couraged from getting help and reporting assault on their properties for fear of suspension or other punitive measures for underage drinking," Paton wrote in an email to The News-Letter. "Something I really wish was stressed more is the importance of personal responsibility and bystander intervention."

One source of programming the University has implemented is Bystander Intervention Training (BIT). Students involved in the Sexual Violence Advisory Committee (SVAC) and SGA approached the administration with the idea, and the program was piloted last year. During the last school year, 800 students participated, including all students who were serving as resident advisors (RAs) and first year mentors.

This year, all freshmen will go through this training. It is comprised of two two-and-a-half hour sessions, run by students, over two weeks. The

training discusses how bystanders can intervene if they see a potential sexual misconduct, as well as broader issues about sexual misconduct.

Shollenberger said that the overall aim of the sessions was to create a cultural shift that minimizes the number of cases of reported and unreported sexual misconduct.

"It is about interrupting what a lot of literature calls microaggressions – those attitudes, those comments that feed into or maybe trivialize rape or are sexist in nature," Shollenberger said. "I think that's a really important part of the training."

Campbell supervises all the sessions.

"We want to reduce those situations of people having to intervene in immediate situations at all," Campbell said. "What we want students to walk away with is understanding that while there's a small percentage of people in this world who may commit gender violence, we are all part of a community that allows it to happen."

Campbell stressed that sexual misconduct becomes acceptable through the trivialization of sexist or rape jokes and gender insulting language. The fact that people, in general, do not speak out against this trivialization is part of what might make sexual misconduct seem permis-



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR

Last January, Alyse Campbell participated in a forum on sexual misconduct attended by students.

sible or typical, according to Campbell.

She believes that BIT provides a space for people to discuss this issue.

"One of the most awesome things about BIT that I hadn't really anticipated was that this semester, the freshmen that are coming in, they already sort of seem to get it," Campbell said. "What's really interesting is that in the conversations we're having, you get to see everybody realizing that everybody else is getting it and then giving each other permission to have these conversations and to interrupt microaggressions that make them uncomfortable."

The University begins educating students during Orientation Week.

During orientation every year, the University includes a program to teach students about sexual misconduct on campus, how to combat it and how to support survivors.

This year, Hopkins invited Tim Mousseau, a member of CAMPUSPEAK who discussed sexual misconduct prevention.

"He really just opened the discussion to challenge what people thought sexual assault looked like," Campbell said. "He came and did a presentation about what a culture that's permissive of sexual assault looks like for survivors, and how the audience can relate to survivors."

To create an overall more supportive and safe

culture for all students, the University recently hired Dr. Jeannine Heynes, who will serve in the new position of Director of Gender Equity. Heynes, who has a PhD in Women's Studies, will begin Nov. 18.

Heynes's main role will be to support women on campus, look at gender-based inequalities and help facilitate a broader conversation about gender that Shollenberger agrees is necessary.

"I would like to see conversations happening around masculinity and what it means to be a man," Shollenberger said. "I know there's been some work done, but I would love to see more work done around men against rape and men against sexual violence."

Forums on Race in America to host NYT columnist

By AMY HAN
For The News-Letter

such as the protests in Baltimore that occurred in April.

Blow joined The New York Times in 1994 and initially worked as the paper's graphics director. He began publishing a column in The Times that featured charts and data as a form of opinion journalism, but his column has gradually developed into a more text-heavy format mainly on political and social issues.

Spence cited Blow's shift towards his current areas of interest and his expertise on those subjects as particular reasons the JHU Forums on Race in America invited him to speak at Hopkins.

"Mr. Blow did not start out writing columns about race and racism. He started out as kind of a data person. He would analyze data and present the data in unique ways. And then, if we trace it historically... around the time he started to see more focus and attention paid to police killings of black folk, he started to write more and more about it," Spence said. "Given his insightful take on these issues, we thought that he'd be a good person to bring."

Spence stressed that the goal of this event, along with his role as the moderator, is to facilitate the overarching objective of the Forums: active participation in discussion about race, racism and their effects on American life and culture.

"People came up with the idea of the Forums, I believe, around the time of, maybe a bit after, the [Baltimore] uprising, as a way to create a space... to think critically about race and racism and how to operate in society, in general, with applications to how it works in institutions like

into very different directions as far as how you solve that."

Spence also emphasized that the talk would be appealing to a wide array of individuals with differing interests. He said those who want to discuss the riots that occurred in Baltimore last April, a major reason for the creation of the JHU Forums on Race in America, would find the talk especially compelling.

"People who are interested in taking my classes, people who are interested in pursuing a career in journalism, people who are interested in understanding how race and racism work in institutions and between institutions, I think would get a lot out of this," Spence said. "I don't think we have enough spaces to talk about what happened in April 2015. So anyone who's interested in what happened in Baltimore in April 2015 and anybody who was around when school was cancelled those last two days, anybody who got that message on campus saying 'You need to go into the dorms and be safe,' anybody who's interested in problem-solving, anybody who lives in a city like Baltimore... They should be interested."

While promotion for the event was primarily geared towards Hopkins students, Spence stressed that it is open to anyone who would like to attend, citing his desire for the Baltimore community at-large to participate in the event.

"What I'm interested in doing is getting students, getting staff and getting folk from Baltimore to come. I would [like] to have an audience that is half-and-half, and, in fact, I would love to see an audience that was overflowing," Spence said.

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Former VP candidate Joe Lieberman headlines MSE Symposium

LIEBERMAN, FROM A1
always understood that we need government. So when our national government is as dysfunctional as it's been in recent years, the public becomes not just disappointed and anxious, but ultimately angry."

Lieberman said that hyper-partisanship is the major cause of gridlock in Washington, D.C., creating a mentality on both sides of the political divide that there can be no compromise with the other side.

Lieberman believes that Americans have turned to presidential candidates, who have little to no previous experience in government, out of frustration.

"In the Republican primary for president, we've got three candidates, who are Donald Trump, Ben Carson and Ted Cruz, two of whom who've had no experience in government. One, Senator Cruz, who is obviously a senator and member of the government but who really is running as an outside protest candidate," Lieberman said. "And you put their numbers in the most recent polling together and it's

well over 50 percent. On the Democratic side you've got Senator Bernie Sanders who, in his way, is trying to stir a revolution."

After his speech, Lieberman answered questions. He was asked what he thought was the correct path that the United States should take regarding the Syrian Civil War.

"I think we really botched this one with terrible consequences for the people of Syria and for the whole region," he said.

During his tenure as a senator, Lieberman was perceived as hawkish on the application of American military might.

Lieberman met with leaders of the anti-Assad coalition when the uprising in Syria began.

"They were not extremists," Lieberman said. "They were Syrian patriots... We basically stood back. We gave them rhetorical support, but we stood back... This was a misapplication by the Obama administration of the message that the President ran on, that he would be the President who got us out of war, not get us into war."

Lieberman said that he was worried that radical Islamist groups could use the instability as a way to gain power.

"There emerged an enormous vacuum in Syria which has led to a brutal civil war and has opened up an opportunity for ISIS and other radical group," he said. "Now we have this totally

new factor with the Russians and Putin and the Iranians believing that we and our allies won't really effectively do anything... I think this is one of the worst foreign policy acts, or in-acts [sic], that America has done, certainly in the modern history of the country... Sorry for the bad news."

Guillaume Garreau, a

postdoctoral student who attended the talk, said he agreed with Lieberman's views on federal gridlock.

"Basically each party is just voting for the party, and they stop working for the American people," Garreau said.

Elizabeth Moran, who attended the talk with Garreau, said that she would have pressed Lieberman

on some of his views.

"On the one hand, he's emphasizing the importance of paying down the debt and making a balanced budget, and then goes, 'Now we need to stop being such wet noodles in foreign policy and invade more.' At what cost? He didn't espouse any views," Moran said. "He was a very good politician."

Jeannine Heynes named new gender equity director

HEYNES, FROM A1
1980s," Dean of Student Life Terry Martinez wrote in an email to *The News-Letter*. "Dean Boswell, my predecessor, was committed to this work and prior to my arrival was able to secure the funding to realize a vision set many years ago. I was simply fortunate to arrive at a time where the groundwork had already been laid."

Boswell, who came to Hopkins in 1986, was the dean of Student Life from 2001 to 2014. She was highly invested in issues of sexual violence and gender equity on campus.

Heynes previously worked as the director for the Center for Gender and Relationships at Warren Wilson College. She also formerly worked as the campus coach for Carnegie Mellon University's chapter of Strong Women, Strong Girls, a mentoring program for girls in the third through fifth grades.

"Dr. Heynes brings a wealth of experience to the JHU. In particular, she

has demonstrated her capacity to collaborate with partners across campus to create and implement programming and trainings on issues of gender equity, advocacy and to develop educational resources for students

and staff on issues of gender and sexuality," Martinez wrote. "Additionally, Dr. Heynes has served as the first director of a Center for Gender and Relationships and was able to create the

Center's mission, vision and programming outreach."

Gender equity became an important topic on Hopkins' campus in 1984, when members of the now-inactive Tau Epsilon Phi fraternity released a misogynistic note that described

sexual acts of violence that were committed toward a woman and her mother. In response, a Committee on the Status of Women was formed, and it released the Crenson Report, a 91-page account highlighting numerous gender inequalities and grievances on campus.

Creating gender equity director positions is not an initiative unique to Hopkins — it has gained support and popularity recently. Martinez spoke about

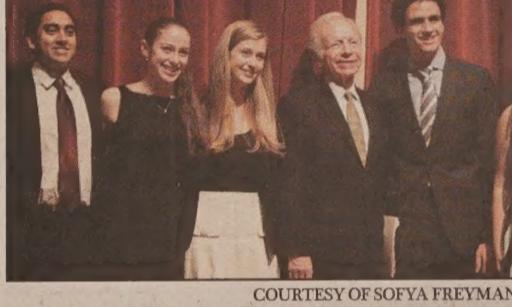
the nationwide trend toward the creation of Women's Centers and Gender Equity Centers.

"Many other schools have institutional support for gender equity on campus," Martinez wrote. "While it may look dif-

ferent and the name has changed over time, many of our peers have Women's Centers, Gender Equity Centers, or the like. Regardless of the name, these offices focus on promoting, advocating for, and addressing women's issues on campus."

The scope of Heynes' work on campus starting this fall will not only extend to addressing equality between men and women, but also to issues regarding gender identity, gender expression and the differences between gender and sex.

"Dr. Heynes will provide leadership in developing programs and services that promote the academic, personal and professional achievement of women students and community members," Martinez wrote. "She will work primarily to serve as a resource for the campus community on issues of gender identity and expression and related topics including intersections of identities. I am excited about what is to come."



COURTESY OF SOFYA FREYMAN
Lieberman posed with the MSE co-chairs at Wednesday's event.

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Survey results for the best coffee on campus



Gillian Lelchuk
Sophomore

Aright, let's talk coffee. As stressed out Hopkins students,

we probably rely a little too heavily on that cup of warm, caffeinated salvation. It's not entirely our faults, though. This school is an enabler. We have a coffee shop for every occasion and, at times, this can be a bit overwhelming.

There's the super convenient Daily Grind at Brody Café and in Mudd Hall to complement your long days spent in the library or in the lab. There's Alkimia in Gilman for your artsy humanities major doing homework in the Hut. There's the Chesapeake Bay Roasting Company in Levering, which is the only one that takes dining dollars, other than good old Char Mar that is. And then you've got the classic, Starbucks, which has a star-based rewards system to keep you coming back.

Thanks, Hopkins, now we're all addicted to caffeine, and we can't decide where to buy our coffee.

Do you go for convenience? Price? Taste? Clas-

sic coffee or blended beverage? Which coffee shop sells the overall best coffee? That's what I wanted to know.

I created a survey in order to see which coffee my fellow Hopkins students prefer. I distributed this survey through Facebook, and I received over 100 responses. However, an oversight led me to forget the coffee shop in Levering so I had to remake the survey and discard the initial responses.

My second attempt has garnered me 109 responses with which to work. Before we dive into all of this raw data, you should all be made aware that I have never taken a probability or statistics class in my life. Now that that's out of the way, let's figure out what Hopkins students think about their coffee.

Only about 27 percent of students surveyed have tasted coffee from each location, but over half of the surveyed students have tried at least four locations. The data is probably a little skewed based on the people who took the survey, mostly sophomores since I shared the link in the Class of 2018 Facebook group. But I'm sure it's fine.

By a long shot, Daily Grind is the most-frequented coffee shop, with about 66 percent of students choosing to go there over anywhere else. But does that mean it has the best coffee? No, all this shows is that we go to Hopkins and spend



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR
Daily Grind was crowned the winner of best coffee at Hopkins.

way too much time in the library.

Let's factor in price now. Daily Grind still came in as the winner for best prices, this time with only 54 percent of students' responses. However, Char Mar and Chesapeake Bay Roasting Company both rose in the ranks to beat Starbucks, probably on account of the fact that they take dining dollars (although I don't know this for certain because I didn't ask that question in my survey).

What if money and convenience isn't important? What if you just want the best coffee? Which coffee reigns true?

In my survey, I asked students to rank each coffee shop from one to five, with five being the absolute best coffee ever and one being little more

than water. When averaging these responses, Char Mar came in abysmally last, with a score barely over 2.5. Daily Grind won this contest, too, with a score of 3.8, but Starbucks and Alkimia were close behind. Chesapeake Bay Roasting Company, while performing better than Char Mar, could probably have been excluded from the survey.

So it seems that Daily Grind is our winner. They've got the best coffee on campus, at least based on the opinions of 100 some odd survey takers. With two locations on campus, reasonable prices and overall delicious coffee, there wasn't a chance for the other shops.

This is entirely unrelated, but because I am

not an official survey giver, I asked for everyone's favorite drink and where it comes from. In case you need any suggestions, a common drink of choice is the Dirty Chai from Daily Grind or black coffee from wherever.

Here are some of my favorites, more out of the box, responses:

"Pumpkin spice latte from Starbucks — yes I know what you are thinking but it's great."

"Drip coffee because it's cheap and I'm poor."

"I've actually never had coffee anywhere except from Starbucks."

"Strawberry Smoothie, Bamboo Café."

I guess I'll be sending out the survey another time because I seem to have left out the much-frequented coffee shop, the Bamboo Café.

Why you should opt out of added sugars



Tara Abrishami
Food for Thought

Let's break down a typical college student's snacks by sugar content. One 20-ounce bottle of Coke: 65 grams. One glass of orange juice: 20 grams. One bag of barbecue-flavored potato chips: 11 grams. One Girl Scout Samoa cookie: 5 grams. One Chobani's nonfat strawberry Greek yogurt: 16 grams. One medium-sized banana: 16 grams.

The U.S. Food and Drug Association (FDA) recommends that daily added

sugar consumption

doesn't exceed 10

percent of daily

caloric intake,

and the World

Health Organization

(WHO) says five

percent.

These correspond to about 50 grams and 25 grams per day of added sugar, respectively.

Added sugars are sugars that aren't naturally present in whole fruits, whole vegetables and milk. (Sugar in fruit juices and sugar in flavored yogurts do count as added sugar.)

Added sugars are worse for your health than natural sugars; between eating strawberry Greek yogurt and eating a banana, solely in terms of sugar content, the banana is better for you.

Fruits have high fiber contents, which means that the sugar they contain is digested slower than isolated, added sugars.

According to the Harvard School of Public Health, the average American consumes about 88 grams of added sugars a day — far exceeding the recommenda-

tions from both the WHO and the FDA.

Consuming such an excess of added sugars is so easy nowadays because food manufacturers add sugar to nearly every product. An estimated 75 percent of processed foods contain some added sugar. Since sugar is addictive, the food industry profits greatly by adding sugar to their products.

In July, the FDA introduced a proposal to require labeling of added sugars, not just total sugars, and to list the percent daily value of added sugars in food products. Consumers could more easily understand the sugar content of food products, which can be difficult since artificially-produced sugars have many different names.

The food industry lashed back against the proposal — unsurprisingly since many products have sugar content more than 100 percent of the recommended daily value.

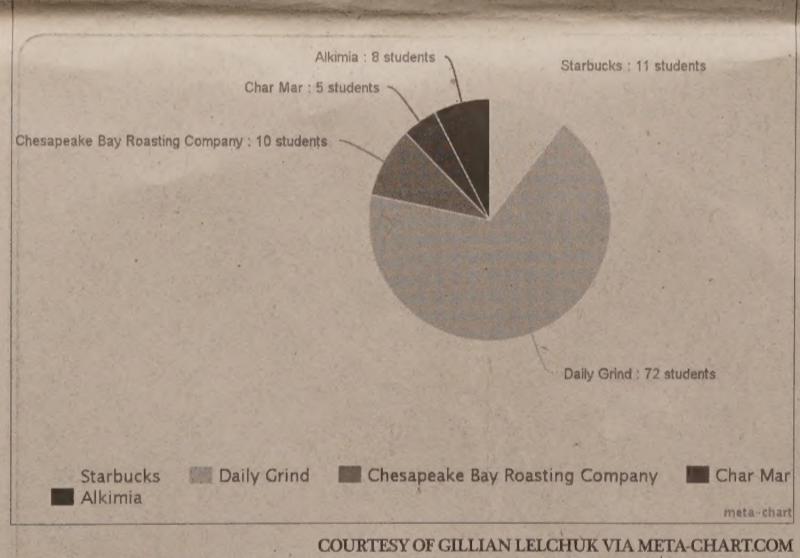
The Sugar Association sent a 17-page letter to the FDA arguing that there's a "lack of science to justify 'added sugars' labeling."

The political power of the food industry is a serious barrier to holding the industry responsible for producing healthy food products. Last November, the American Beverage Association (ABA) spent \$9.1 million opposing San Francisco Proposition E that would levy a tax on sugary drinks. Proposition E failed to pass, but Berkeley, Calif. passed a similar proposition despite the ABA spending \$2.4 million in opposition. This summer the ABA sued the city of San Francisco over new legislation that would impose a warning label on drinks sweetened with added sugar, saying the label is a violation of free speech.

Politics will always yield to those with the most political power (read: money), so governmental regulations on added sugars will be too little, too late. Everyone should be mindful and conscious of their food choices above and beyond what's explicitly labeled.

Limiting sugar consumption should be a top priority. Not only are added sugars useless calories that certainly contribute to the obesity epidemic, excess consumption of sugar has been linked to liver disease, heart disease and premature aging. And it's a big risk factor for diabetes. Eating added sugar also correlates to obstructed learning and memory, depression and even dementia.

So start reading the labels. Read between the lines. Choose fruits, vegetables, trail mix and other whole foods for snacks instead of packaged items shot with sugar. Most of all always be aware of what you're eating, despite the food industry's efforts to convince you otherwise.



COURTESY OF GILLIAN LELCHUK VIA META-CHART.COM

I made a pie chart to help me analyze all the data I gathered. Clearly everyone likes Daily Grind.

What's the Word on Campus? This Week on Yik Yak

Do math majors graduate with degrees or radians?

160

10 HOURS

4 REPLIES

SHARE

I'm like pre stressed stressed, like I'm stressed about the stress I'm going to be stressed about. Education is magical

127

11 HOURS

1 REPLY

SHARE

I hope Jeb Bush wins the primaries and takes Dick Cheney as his running mate. There campaign slogan would be "same dick, new bush"

9 HOURS

0 REPLIES

SHARE

I can't believe college is optional and I'm paying this much to be this stressed

11 HOURS

1 REPLY

SHARE

HIP HOP

BUT ALSO observations, lists, thoughts, feelings, missed connections, haikus, confessions, furtive glances and of course, sex.

Bonjour, hej, ciao: Adventures through European Fashion Weeks

Katie Rubery
An American in Paris

As Coco Chanel once said, "Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening."

These wise words help explain my absence over the past few weeks. Although there has been radio silence from my column across the sea, I swear the fashion has been busier than ever. Fashion Weeks have concluded and I, myself, have been traveling to radically different parts of Europe to really understand the way fashion works. In the past four weeks I've been to Paris, Copenhagen, Bordeaux and Florence. In each city the fashion shares similar tendencies but overall, is dramatically different.

To begin with the most important and close to home, Paris Fashion Week (PFW) was overwhelming in every sense of the word. Between the street style and the catwalks, I was in pure fashion bliss. What I loved most about the week was that being part of fashion week was inevitable. Everywhere you

looked there were models smoking, important people dining and stressed workers running rampant. The stress you witnessed only brought you closer to the glamour. The week impacted the city in ways New York never could experience. On Thursday night I sat in my economics class decked out in platform heels and a knee-length blazer, ready to infiltrate Paris fashion week.

Although I never saw anyone famous, the experience of walking down the Champs-Élysées and having some champagne was enough to make anyone feel like Brigitte Bardot or, sinful to say, a Kardashian.

At a later time I'll be able to go through all technicalities of PFW, but right now I can really only focus on the revolutionary art productions and incorporation of social media.

Both Dior and Chanel made headlines this year with their unique, lust-inducing themes. The Chanel airlines show, located at a transformed Grand Palais, was something truly Lagerfeld. Between the luggage and the pins, every first class VIP got an insight into the classic yet fresh new Chanel designs. Pulling away from the unfortunate Wild West themes of past seasons, Lagerfeld has successfully combined the subtle Chanel charm with an innovative approach on everyday ideas. In particular, I adored the incorporation of a baby pink to offset the stark navy blue. This charismatic combination is bringing Chanel to the

forefront of fashion week once again.

Meanwhile, the Dior show brought nature to life, effectively changing their girly, ephemeral style into something tangible. The floral arrangements worked perfectly with the clothes and delicate models to create the epitome of Dior. The nude color palette and "barely there" makeup further dramatized the elegance of the Dior woman.

"Although the muted palette at the Dior Spring/Summer 2016 show might appear to be a bit too simple for two seasons that are associated with bright colors, the simplicity in hue draws attention to the aesthetics and design of the collection. In particular, the razor blade pleats, wide stripes and scalloped hemlines are perfect for the classic Dior woman, whether she's getting a tan in the south of France or sipping lemonade in the Hamptons," junior Libby Ford, another student studying in Paris, said.

I always knew PFW would be amazing but I never expected the innovative magic that occurred between Sept. 30 and Oct. 7.

Following PFW, I headed to Copenhagen for a totally different experience. The decadence of Paris Fashion Week was soon traded for the minimalist lifestyle of the Danish people. While I loved the women's fashion, what really stood out were the home decor and men's looks.

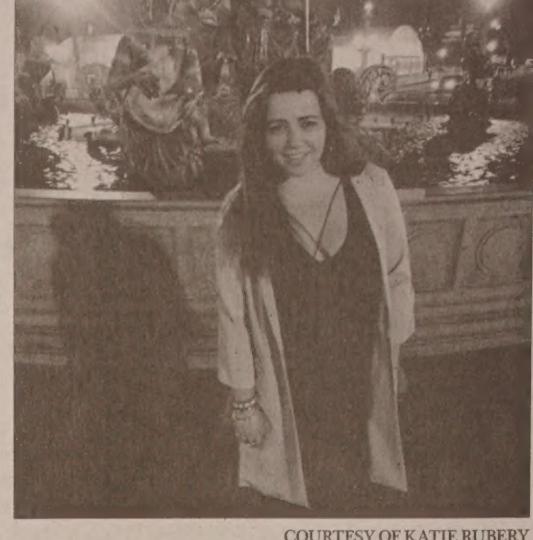
Copenhagen is a city of black, white, navy blue

and tan. The sleek blond hair, shaved on the sides to balance the messy tops, complemented the straight lines and simple color palette of their wardrobes. Almost all men were seen with black cuffed skinny jeans, simple T-shirts and long manteau coats. The simplicity, in addition to fresh white sneakers, made for an undeniably sexy and confident look.

The casualty of life and dress in Copenhagen is infectious. During my travels I stopped at several thrift stores and restaurants. Each building had its own individualistic approach to that hipster style we all so badly try to recreate on Instagram. Between the men's style and the shops, the streets of Copenhagen definitely need to be revisited.

Finally, this past weekend I spent time in Florence with my best friend from high school. Her apartment, located in the city center, was ideal for people — and fashion-watching. Overall, Florence is a beautiful city with a hodgepodge of cultures and peoples. Largely Americanized, Florence fashion now includes Lululemon and sorority T-shirts.

Looking beyond the surface, however, you can find the true Italian style. *La dolce vita* was no exaggeration as I found the Italian style too decadent in an almost greasy way. The use of studs, leather and bleached highlights was incredibly common. For me, Italian fashion was always one step too far. I



COURTESY OF KATIE RUBERY

Paris Fashion Week was overwhelming in every sense of the word.

loved the sleek black coats and high ponytails, but occasionally an element of glitz overshadowed the beautiful simplicity of the Italian clothes.

On a positive note, there is no doubt in my mind about the quality of Italy's products. Although I largely just enjoyed the pizza instead of shopping, I was able to see first hand the lengths designer quality is appreciated there.

During my visit I was able to stop by the Museo Gucci, located next to the Uffizi Gallery. There, I was privy to celebrities' formal wear, original Gucci collections and old Hollywood treasures. To the Italians, fashion is an art, and one they are good at.

American student Mary Ammeli Nichols noted that all her finance courses discuss the prowess of Italian fashion.

"All of my professors

say that whenever you see a good bag, it is Italian because you can trust it. Italians know how to make a bag that will last," she said. "Cars, on the other hand, will always be German or American. We just don't know that the way we know fashion."

This dedication to fashion is symbolic of Italy's artistic appreciation lasting over centuries. Here, passion will always outweigh practicality.

As I fly back to Paris, I am incredibly ready for the fall and winter fashion that is starting to emerge. As much as I love to travel, Paris has become my home and the fashion I am most comfortable with. In the next few weeks I will see Amsterdam, Berlin, Krakow, Geneva and Brussels, but I have a feeling my allegiance will always remain with *ma chérie Paris*.

Nostalgia for the good old days of Easy-Bakes

Hayley Bronner
Throwback Thursday

Cooking with a light bulb sounds like something a college student would do on a daily basis.

In reality, almost every little kid wanted to do that. Little girls and boys across the country forced their parents to run to the toy store to buy an Easy-Bake Oven for a holiday, birthday or when they needed a present. Of course, after the usual novelty of a new toy wore off, the oven just sat there with the rest of the things that nobody ever played with, but on occasion, a rush of excitement would come back and you would need to bake in the Easy-Bake Oven. This was simultaneously the best and weirdest toy that children under

10 played with.

The effects of the Easy-Bake Oven have lasted long past its invention. In 1963, Kenner Products introduced the first Easy-Bake Oven, which was designed to resemble a conventional oven and came in two colors, pale yellow and turquoise. This first oven was heated by two 100-Watt incandescent light bulbs.

Over the years, this design changed many times, including in 2012 when Hasbro, who bought Kenner in the 1990s, came out

with the premiere version that comes in black and silver.

These colors were made after a young girl from New Jersey started a petition to change the Easy-Bake Oven to gender-neutral colors in order to avoid discriminating against any children who wanted to use the product.

Hasbro agreed and made a new version so that every child could feel free to bake poorly. Over 50 years there have been around 10 different models of the product with varying colors, designs and availability.

The version that most of us are familiar with is the Easy-Bake Oven and Snack Center, which was introduced in 1993. It looks very similar to a microwave oven and came in pink and turquoise. The packaging included a few mixes for cake, cookies and frosting, baking pans, cooking utensils and a recipe book. Additional mixes could be purchased once you ran out of them and, of course, we all did within the first week.

The Easy-Bake Oven and Snack Center was

powered by a 100-Watt light bulb and, although the recipe book says that everything could bake in under 15 minutes, it always took longer.

I mean, we were literally baking with a light bulb. Nonetheless, this was still our favorite toy; even if it was shoved into a closet for extended periods of time, it always saw the light of day again... until it made its last appearance and then went to Goodwill.

Baking with a light bulb seemed funny and easy when we were young, but now it is relevant to

living in a dorm.

Although we have

microwaves and refrigerators in almost every dorm room,

there are only so many

things that we are capable of

making.

Microwave eggs

are kind of weird and cold leftovers are only good half of the time. Dragging ourselves down to the common kitchens is way too much effort and actually putting together food to put in the oven is unimaginable.

If you are an upper-classman, you are probably surviving on pasta and canned spaghetti sauce, and freshmen give thanks everyday for the accessibility of the FFC. "Easy-bake" sounds pretty appealing when all of our time is taken up by studying, homework, papers, midterms and extracurriculars. While the Easy-Bake Oven was intended for desserts, a Hopkins student would probably find every type of food possible to cook in their plastic box with a light bulb.

Do you think the RAs will allow an Easy-Bake Oven in the dorms? The toy resembled a microwave, so if you close one eye and squint hard enough with the other, your microwave could be an Easy-Bake Oven.

The Easy-Bake Oven is a classic novelty toy that has influenced generations since 1963. Now that we are in college, thinking about baking with a light bulb brings us back to our childhood where we begged our parents to help us so we could bake our very own cake in our very own oven. The mixes were simple, which is exactly what we need now because of the lack of free time we have during school. Microwaves just don't cut it anymore. Easy-Bake Ovens should make a comeback for 18- to 22-year-olds.

Four TV shows you should be watching

1. *iZombie*

This comedy follows Liv as she tries to keep her identity as a zombie a secret.

2. *Fresh Off the Boat*

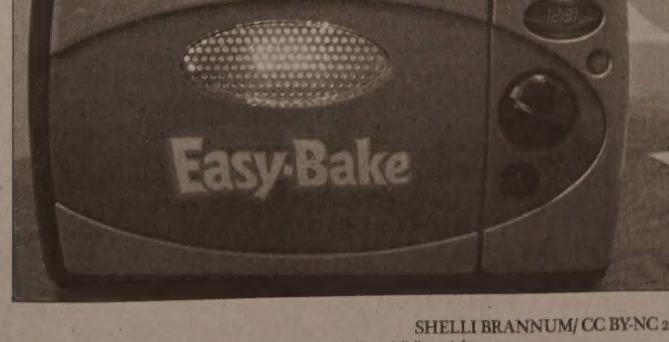
Based on Eddie Huang's memoir of the same name, this comedy features the hilarity of a Chinese family living in Florida in the 1990s.

3. *Heroes Reborn*

If you watched the original *Heroes* you'll love this drama. Featuring many of the same actors, this new show follows several new "evos," or people with powers.

4. *Marvel's Agents of S.H.I.E.L.D.*

If you need a taste of the Marvel Cinematic Universe while you're waiting for the next film, this show will hit the spot.



The Easy-Bake Oven and Snack Center symbolize childhood for many.

SHELLI BRANNUM/CC BY-NC 2.0

THE JOHNS HOPKINS NEWS-LETTER

PUBLISHED SINCE 1896 BY THE STUDENTS OF THE JOHNS HOPKINS UNIVERSITY

Editorials

President Daniels must make mental health a top priority

In an email to the student body Wednesday morning, senior Jason Plush announced his resignation from the post of executive president of the Student Government Association (SGA), citing struggles with his mental health as the reason for stepping down. When Plush's resignation goes into effect Friday at noon, Executive Vice President Jack Bartholet will replace him.

Plush talked about his confidence in Bartholet's ability to lead the SGA, calling him a strong source of support this semester. Per ruling of the SGA bylaws, Bartholet's first action as executive president will be to choose three candidates from within the SGA to fill the vacancy of the position of executive vice president, from which the Senate will elect one.

The Editorial Board is confident that the SGA will successfully transition into the new leadership, with the help of the other members of the Executive Board, John Stanton and Matthew Bee. More importantly, we applaud Plush's brave public recognition of the state of his mental health. He spoke frankly to the SGA and student body about his condition and the help he has sought. Plush was honest about how unsustainable and overwhelming his position and lifestyle had become, likely ringing chords with many other students who feel overcommitted. His resignation provides confirmation that mental health and mental illness is a great concern of the Hopkins community.

Plush's bravery and inspiring dialogue on mental health should act as

a catalyst for change in the way we, as a University and as a community, approach the issue of mental health. While the SGA has served us well, they should recognize this chance to combat a real problem on campus, using the public momentum to enact substantial change in students' wellbeing.

SGA is meeting with President Daniels tonight with mental health at the top of the agenda, and we hope Daniels will recognize how serious SGA is about this and how eager the student body is to address the issue. We call on President Daniels to take an active role in fostering mental health awareness, prevention and resources on campus, and we encourage him to declare student mental health a personal priority for his Office. We urge the University to commit substantial time and resources to studying mental health holistically, as SGA recommends, to obtain information about the specific underlying causes of mental illness on our campus. Daniels should direct the Homewood Student Affairs office to formally evaluate the issue by studying other schools' efforts to address mental health and create supportive cultures that encourage students to discuss openly and seek help.

It is only once we have a comprehensive analysis of the Hopkins community and its impacts on mental health that the University can create and implement substantive preventative measures. You only have to look at how many people have shared Plush's story to see that we are ready to tackle this matter.

Students deserve to be updated on status of sexual misconduct efforts

On Oct. 9, an alleged drugging was reported at the Sigma Phi Epsilon (SigEp) house and a suspected sexual assault at an off-campus location. The day after the security alert was sent out, Vice Provost for Student Affairs Kevin G. Shollenberger emailed the student body to say that the report was being investigated and that SigEp was directed to not hold parties while the investigation is ongoing.

In the two weeks since, the University has issued no further update or clarification of the alleged incidents. The Editorial Board believes that the student body deserves an update on the situation and that this radio silence is unacceptable. In a time when the student body is hyper-aware of sexual assault, safety and transparency, the administration should understand that we want to be kept updated.

Recently, the University has been scrutinized for its lack of transparency regarding sexual assault, and is under investigation by the U.S.

Department of Education for Title IX violations. The student body is invested in these issues. We care about all of our peers and want everyone to feel safe and be safe in the community. We want to be kept informed of the status of the investigation and the status of any efforts toward preventing this in the future.

The Editorial Board acknowledges and understands that there may not be any progress yet in the investigation, but we would appreciate an update saying even just that. We assume that the student affairs administrators are working on the larger issue, and even if they are not prepared to announce concrete measures, an update would be welcomed and reassuring.

This is a critical time for Fraternity and Sorority Life on campus and we do not want a repeat of the University's past mistakes. These incidents are horribly unfortunate, but when they do occur, we deserve to be kept aware of what our administration is doing.

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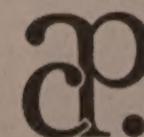
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OPINIONS

Stepping down: It's okay not to be okay

By JASON PLUSH

As every undergraduate student has recently learned, I have chosen to step down from my position as Executive President of the Student Government Association. This has been one of the most difficult decisions that I've ever had to make, but I know wholeheartedly that this decision is what's best for the school and what's best for myself.

The main reasons that I'm stepping down are as follows: to begin, I've been suffering from mental breakdowns. It's not easy for me to admit this because this information is personal, but the student population deserves to know that I've been struggling to stay positive while balancing a multitude of other responsibilities during my term as President. I'm

having trouble focusing on my job responsibilities despite the fact that I've been working harder and harder every day to serve the school to the best of my abilities. I can barely sleep at night because I feel like there's always something more that I need to be doing to make the school a better place. I've been averaging four hours of sleep per night, a rate that is deemed by professionals and counselors I've seen to be unhealthy. I've been sacrificing my mental, emotional and physical health while working to make the student experience better each and every day. It hasn't been good for my immune system, my stress levels and my well-being, and it took me over a month to fully recognize it.

It hasn't been easy hearing from my peers and colleagues and family members that I "don't look like myself" or that I'm "working myself into the ground" and that I'm "in need of a day free of commitments and meetings because I look like I'm about to fall over." It's never easy to hear from the people you care most about that you aren't yourself. However, at the same point in time, these are the people who know me and look out for me and have my back and best interests in mind. It hit me very hard to hear that so many people were concerned and worried about my stability, and it forced me to reevaluate as to how and why I was putting so much pressure on myself to do this job. I ran for this position last spring because I wanted to make a difference and guarantee that I was the best person to improve the Johns Hopkins campus for the undergraduate student population. As it turns out, I was the only one who ran last year and suddenly, it hit me that I was going to be the next student body president. At that time during the spring, I felt like I could handle all of the responsibilities while still achieving and learning as a student and staying involved in my passions and organizations around campus. I've quickly realized during the first half of the fall semester that I was overly optimistic and have reached a tipping point in which I really need to take a step back and reevaluate my happiness, my overall stability and myself.

Another component of this decision is the fact that I've been suffering inside of the classroom. Academics have taken a backseat to my presidency and other responsibilities

ties on campus, which is unacceptable. The first priority of a student at Hopkins or at any institution for that matter is to learn, mature and grow inside of the classroom. I have lost sight of the importance of my academics as a result of my heightened stress levels and decaying mental and emotional capacity, and simply put, it's concerning. I came to Hopkins to become a better student and to take advantage of the numerous opportunities that this school has to offer in a wide variety of curricula. I need to address this issue and re-prioritize my academics before I let them completely fall by the wayside.

Finally, I chose to step down because it simply is not fair to the SGA as an organization, to the school community at large and to myself if

I continue to serve my role as President. I've been a dedicated member of the SGA for over two years now and have thoroughly enjoyed the experience of serving my classmates and my constituents.

The organization has provided me an outlet to effectively lead and implement change with some of the most passionate students on campus. I chose to run for SGA my sophomore year after a vacancy in the class council opened up because I was and still am dedicated to making Hopkins a better place to go to school. Two years later, I continued to serve on SGA for the same reasons. I love Hopkins. Is the school perfect? Absolutely not. Do I have problems with the University? Without hesitation, the answer is yes. That being said, I'm passionate about making the school better every single day because it has provided so much for me.

My love for the University and making the student experience better for each and every individual on this campus makes the decision I've made even more difficult to come to terms with. It is simply not fair to the SGA and its ability to function at the highest level to be compromised because I'm struggling to handle my own mental stability and emotions. Though I've been working my absolute hardest to do what is best for the organization and for the school, I still find myself coming up short because I'm spread too thin and I can't handle all of the emotional and psychological stress in conjunction with the responsibilities of the position. Beyond that, if the SGA is not operating at the highest possible level because of its leader, it is not fair to the students because we are the main representatives of the undergraduate population. I don't want to be the reason that the SGA struggles to find efficiency. I'm very proud of what we've been able to accomplish so far in the fall and I know that the group is capable of doing great things for the school. I don't want the SGA or the school to be mired as a result of my current stability. Because of this, I believe that stepping down is what's best for the SGA, the school and for myself.

It's never been easy for me to admit to myself that I'm overwhelmed or taking on too much or not leaving enough time in the day to collect my own thoughts and reflect. Conversely, it's incredibly easy for me to dedicate myself to the things that I'm involved with here on campus, almost like an

escape from reality. I struggle with the ability to say "no" to people; it's arguably one of my biggest strengths and greatest weaknesses. On one hand, it is beneficial to be there for my friends, peers and colleagues; I love being absolutely dedicated to my organizations, and I have chosen to get involved in a variety of different avenues on this campus throughout the past three-plus years. My involvement has been a tremendous source of happiness and a main reason why I've felt so at home at Hopkins. I've had the opportunity to meet so many wonderful people from around the world who bring different perspectives, skills and talents to the table. I'm not only grateful for the opportunity to get involved, but also for the relationships I've formed.

On the other hand, I sacrifice my personal health and well-being every time I say "yes" to a new opportunity. I find myself using my involvement to escape away from reality. As a result, I sacrificed my own mental stability and I didn't even begin to realize it until I was approached by close friends and family to seek help. While this was surprising and scary to hear, I quickly began to realize that they were right. It's unhealthy to continually sacrifice my mental health for the sake of an organization or group.

Mental health is one of the largest issues that we're currently facing on this campus and it is one that needs to be taken seriously. We need to be empowering students with the resources they need to be able to deal with their mental and physical symptoms and problems. It's okay to not be okay! It's normal to not be operating at 100 percent and to not be happy all of the time. It baffles my mind that I was ignorant of my own feelings for so long. However, one of the main reasons why I've struggled to make this open or public is the fear of being judged by my peers, being treated differently and being seen as fragile. Mental instability does not make someone fragile. Mental instability is a problem that is faced by numerous people on this campus. Instead of being judgmental, we should be commanding students who have the strength and courage to step forward and ask for help. We should be open and honest about the resources available to students to cope with these conditions and expand the capacity of these resources to further aid undergraduates. Students should not have to feel trapped or looked down on for how they feel; they should be recognized for taking a stand to address their own issues and hopefully empower others to do the same.

In short, I'm stepping down from my position because I believe it's the best thing to do for the school, for the SGA and for my own mental stability. I can't thank the people who have supported me enough through this difficult, trying and unforgiving process. I know that this news is a bit shocking and surprising, but I'm confident that it's the best decision for moving forward. I feel beyond relieved to have taken a stand for my own happiness and mental capacity, and I hope that others choose to do the same. There's so much to gain by being open and honest about how you're feeling. Express it to your friends, peers and family and don't feel the need to hold anything back. It was difficult admitting to myself and to those close to me that I was overwhelmed... but I know that it's the best possible decision I've made during my time at Hopkins.

Jason Plush is a senior Global Environmental Change and Sustainability major from Farmington, Conn.

The Dershowitz petition is deeply hypocritical

By ANNIE DAVIS

The anti-Dershowitz petition currently under circulation is a shameful attempt to silence free speech under the guise of worthy causes unrelated to the subject of Dershowitz's presentation. The petition accuses Dershowitz of trivializing

sexual assault, plagiarizing another's work and shutting down discourse on his political views. It seeks to ban him from campus out of respect for victims of sexual assault in the name of academic integrity. In so doing, it gives itself away as being politically motivated.

Theodore Kupfer has already published a cogent refutation of the petitioners' claims (see *The News-Letter*, "Dershowitz Petition Lacks Validity," Kupfer disclosed his sources in his original Facebook post). I seek to supplement his work by further addressing the shoddiness of the petition's sources. First, the allegation that Dershowitz trivializes sexual assault is based on his professional statements as a defense attorney. As Kupfer notes, accused criminals have a Constitutional right to legal counsel; Dershowitz defends alleged rapists not out of personal sympathy but because all citizens have the right to be represented in court. I will add that because Dershowitz made the remarks about his clients' accusers in the context of his professional and Constitutional obligation to defend his clients to the best of his ability, the statements have no bearing on his personal opinions (whatever they may be). The nature of being a trial lawyer is that one must cast doubt on the testimony of the opposition's witnesses. The statements the petitioners cite as evidence that Dershowitz trivializes sexual assault were made — if they were made at all — in the professional context of discrediting his client's accusers.

The statements in no way reflect his personal opinions on sexual assault and thus do not constitute legitimate evidence against him.

Let's look at the petition's sources. To support their claims that Dershowitz bullies rape victims and uses shady investigatory tactics (such as sending private investigators to witnesses' homes and spying on witnesses' MySpace pages), the student groups cite articles that are unsubstantiated or non-objective. The first, published in *The Guardian*, presents its accusations of Dershowitz's conduct as fact without providing requisite proof. The one letter that it references and identifies as Dershowitz's has nothing in it to suggest that Dershowitz's alleged investigatory techniques were inappropriate — especially since he himself sent the letter to the Palm Beach Police Department. The second article is from *Ring of Fire*, an overtly-partisan "News" source that drew much of its information on Dershowitz from the anti-Israel and, many believe, anti-Semitic website *Electronic Intifada* (which was another source the student groups cited and whose vitriolic bias Kupfer has exposed). In her defense of the petition, Miranda Bachman announced that "offensive" citations of *Electronic Intifada* had been removed from the docu-

With the exception of editorials, the opinions expressed here are those of the contributors. They are not necessarily those of The Johns Hopkins News-Letter.



MEGAN DONNELLY / FOR THE NEWS-LETTER

ment. Evidently, the petitioners missed one. They would do well to remove it too — not only because it is bigoted and therefore offensive, but because it is dishonest. At this rate they will soon have no sources with which to support their accusations.

The allegation of plagiarism also stems from unreliable sources. Kupfer has revealed that the author Norman Finkelstein originally made the accusation as part of his vendetta against Dershowitz, and it was quickly found to be untrue. It is also worth noting that the source upon which the petitioners base this claim is an anti-Israel article (tellingly titled "Dershowitz v. Finkelstein: Who's Right and Who's Wrong?") on the website *CounterPunch*, which, like *Ring of Fire*, publishes clearly biased articles that any objective newspaper would relegate to its Opinion section in the interest of journalistic ethics.

As to the petition's contention that Dershowitz attacks his critics rather than engaging them — one can easily ascertain the inaccuracy of this assertion. Simply go onto YouTube, type "Dershowitz debate" in the search bar and enjoy dozens of videos of lengthy debates between Dershowitz and his critics. So much for stifling discourse. Alternatively, ask Dershowitz a question when he comes to speak on Nov. 10 — the tougher the better. Why hide behind the convenient assumption that he will not answer?

Hopkins students know the difference between legitimate and illegitimate sources. It follows then that the petitioners reference the above articles as part of a desperate effort to silence Dershowitz by any means. The logical question to ask is, why? Do the petitioners truly believe, on the basis of unfounded allegations, a poor understanding of the American judicial system and academia and unreliable sources, that Dershowitz is guilty of the crimes of which he stands accused? Or, more likely, do they wish to prevent him from expressing his renowned political views about which they have already made up their minds and which they do not want other students to hear? It cannot be a coincidence that most of their sources have an anti-Israel agenda. If the student groups are, in fact, politically motivated, then their petition's invocation of academic integrity and sensitivity toward sexual assault victims is a cowardly attempt to conceal their real intention of perpetrating the same thing that they accuse Dershowitz of doing: preventing the exchange of ideas. It is disheartening that Hopkins Feminists, the Sexual Assault Resource Unit (SARU), the Diverse Sexuality and Gender Alliance (DSAGA), the Black Student Union and Voice for Choice would misuse the very causes they purport to defend by means of a petition that is as hypocritical as it is dishonest.

Annie Davis is a senior history major from Boston.

PHOTO ESSAY

Falling into Place



By: Leon Santhakumar



THE B SECTION

Your Weekend • Arts & Entertainment • Cartoons, Etc. • Science & Technology • Sports

OCTOBER 22, 2015

Arts & Entertainment

Tony Plana talks race stereotypes in the film industry — B3
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Review: Steve Jobs's acting impresses — B4

Science & Technology

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Sports

Women's Lacrosse beats Navy in preseason fall ball — B11
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Column: Fantasy football isn't all it's made out to be — B12

YOUR WEEKEND OCT. 22-25

Events in Baltimore this weekend

Thursday - Saturday

MICA Haunted House: FEVER DREAM BBOX: The Gateway, various

MICA's annual horrifying student-run project is back. Experience your worst nightmares in this year's Fever Dream-themed haunted house. Warning: MICA's haunted houses are notoriously terrifying. It will run Thursday from 10 p.m. to 12:30 a.m., Friday from 8:30 p.m. to 12 a.m. and Saturday from 7:30 p.m. Tickets are \$10.

Friday

Al Rogers, Jr., Milo, S.al and Hemlock Ernst The Crown, 9 p.m.

Samuel Herring of Baltimore's Future Islands will be hosting an event at The Crown on Friday night. It will feature Baltimore artist Al Rogers, Jr. along with Milo and S.al of Milwaukee. Herring will begin the night with a rap set from his project Hemlock Ernst. The night will feature hours of diverse music and will likely draw a solid crowd.

Entry is \$7.

Saturday

Doors Open Baltimore Various locations, 10 a.m. to 4 p.m.

Doors Open Baltimore, presented by the Baltimore Architecture Foundation, is a free event offering tours of buildings across the city. Various sites, including The Walters Art Museum, will host special events. It is a great opportunity to interact with local architects and learn more about the buildings we pass by every day. Check out www.doorsopenbaltimore.org for the full schedule.

The Great Baltimore Oyster Festival West Shore Park, 1 to 5 p.m.

The first Great Baltimore Oyster Festival will take place at West Shore Park in the Inner Harbor this upcoming Saturday. Entry is free, but there will be vendors for all your oyster (and non-oyster) needs. The event will feature live music, oyster boat tours and specials on oyster plates.

Sunday

Superheaven with Us & Us Only, Lilac Daze and Spill Metro Gallery, 6:30 p.m.

In case you haven't gotten your fill of the weekend and you're one of few students freed from the Sunday night library grind, check out this diverse group of rock acts at everyone's favorite Station North punk venue.

Live music in review: Protomartyr 10/17



COURTESY OF MIA CAPOBIANCO

Protomartyr is currently touring North America and parts of Europe to promote their newly released album, *The Agent Intellect*.

By MIA CAPOBIANCO
Your Weekend Editor

It was the time of man buns and black Vans. It was the time of High Life tallboys and cheap cigarettes. It was the time to knowingly f**k up your ears for a week. It was Saturday at the Metro Gallery, and Protomartyr was playing.

This Saturday, like so many other Saturdays in Station North, punk fans — myself included — lined the walls of Metro Gallery, eager for feedback and aggressive drumming. The first opening act, Alone Time, delivered just that. Alone Time is a punk outfit from Baltimore. Their sound is chaotic, math-y and noisy without sounding disordered (which is due, at least partially, to the strength of their drummer). Alone Time's music is definitely hype, but not overwhelming, which made them the perfect opener for Saturday's show.

Amanda X, a post-punk trio of female rockers from

Philly, took the stage next Saturday marked their first night opening for Protomartyr (they have several upcoming dates scheduled to play together). The pairing of Amanda X and Protomartyr couldn't be any more perfect. The three members of Amanda X are unassuming and at times seem to recede with their muffled bedroom pop. But every time I thought they were becoming slightly droning, their bass lines would pick up and Cat Park would put force behind her voice. At times Amanda X has an early 2000s pop-group quality, but these sounds are contrasted with bass-heavy drums and fuzzy guitars. I found Amanda X refreshing and a smart opener for the more-traditionally-punk Protomartyr.

Most contemporary punk fans are familiar with the glory that is Protomartyr. *The Agent Intellect*, released about a week before the show, is their third studio album. It has already been met with extremely positive reviews; It received an 8.2 on Pitchfork and currently boasts an 86 on Metacritic.

It's not difficult to see (hear?) why music authorities are responding so positively to the record. It's undeniably powerful. The instrumentals are approachable and so is lead Joe Casey's delivery. He often begins tracks on *Intellect* with an even, straightforward disposition before completely reversing the listener's expectations; He chants with desperation on "Why Does it Shake?" and repeats a despondent "There's no use of being sad about it / what's the point of crying about it" on "Pontiac 87."

Protomartyr has a way of drawing you in with their no-flourishes classic post-punk sound, only to tear the rug out from under you right when you feel comfortable. Casey's exploration of issues such as the loss of a love, evil brought about by suffering and his parents's death (Casey lost his mother while writing the record) are handled skillfully. The record is at once confrontational and unassuming.

I was impressed that Protomartyr was able to reinforce these qualities with their live performance. Casey stood in a gray suit, a High Life clutched in one hand, moving only inches for the entirety of the set. He stared straight forward, his gaze never meeting those of the audience members. Yet somehow he engaged. Perhaps it was the anonymity afforded by a small dark room, dark clothes and an almost-monotone delivery, but Casey seemed connected to every word he sang. Banging my head to tracks from *Intellect* and the earlier *Under Color of Official Right* was almost cathartic.

I highly recommend checking out Protomartyr's work. (Bonus: If you happen to collect vinyl, their new record comes with a sick poster insert designed by Casey.)

For upcoming shows at The Metro Gallery, head to www.themetrogallery.net/calendar.

GhostFood to appear on Homewood campus



COURTESY OF ELIZABETH STILLMAN

GhostFood is a project organized by The Contemporary in collaboration with Hopkins students currently enrolled in a curatorial practicum.

By VERONICA REARDON
Your Weekend Columnist

GhostFood may sound like a Halloween event, but it's not spooky for the reason that you might expect. A work of art inspired by the reality of climate change and the potential future that may come from it, GhostFood has been around Baltimore of late and was at Penn Station last Thursday. On Nov. 2, it will be here on campus (lazy/busy students, rejoice!).

Started by Miriam Simun and Miriam Songster in 2013, GhostFood operates out of a food truck. Instead of selling food, however, it is selling an idea, a way of looking at our future. GhostFood focuses on cod, peanut butter and chocolate, three foods in danger of disappear-

ing due to global climate change. When it's your turn to experience GhostFood, you are given an alien-looking headset and a climate-change-resilient food substitute of sorts. The headset, inspired in part by recent technology and in part by the way that insects experience the world, provides olfactory stimulation of the food you are supposed to taste, like the chocolate milk, for example. Without actually drinking chocolate milk, you feel the texture and inhale the scent. Hence, the ghost food — you experience something that is not really there.

One of the most interesting aspects of the experience for me is that our future might not be too different from this. It's not out of the realm of possibility. When people are asked to describe it, GhostFood inspires

you hear them say it was nostalgic or sad, or some just say that it was nice. It's pretty eerie if you think about it. GhostFood is also not something that only appeals to one age group, although the young are affected the most by the topic that is linked with it. It is a project that is at least an interesting thought experiment for everyone.

Another aspect of it that I enjoy is that according to Miriam Simun, it is not necessarily a platform from which to speak about climate change. Rather it is an imagining of our future and an examination of the human experience of the world. While climate change is definitely something we should try to control, it is also already happening; it is already a part of our future. GhostFood inspires

thought about how our society will change to accommodate it rather than its amelioration, which is not often a focus of the climate change discussion. It makes sense that it hasn't entered the discussions of activists and teachers, as treating climate change as inevitable could result in disaster. However, it is definitely something worth thinking about.

If this art piece sounds cool, you should definitely check it out when it comes to campus, as well as the panel with the artist that will follow. Miriam Simun's past projects include human cheese, which yes, is in fact cheese made of human breast milk. She should definitely have some interesting and relevant things to say, especially considering the angle of GhostFood.

ARTS & ENTERTAINMENT

Exhibit spotlights John Barth's life as a writer

By MARCIA ZIMMERMAN
For The News-Letter

To celebrate the work of Writing Seminars alumnus and professor emeritus John Barth, the Sheridan Libraries premiered "Lost & Found in The Funhouse: The John Barth Collection," an exhibition of his writing and other artifacts from his personal collection at the George Peabody Library on Sunday.

The Sheridan Libraries announced the acquisition of the collection, which also includes correspondence between Barth and other prominent writers as well as annotated books from his time as a Hopkins student, in January 2014.

The exhibit is divided into three sections — Creation, Publication and Circulation — which contain materials that correspond to a different aspect of a writer's life.

"We decided that rather than focusing on each one of his publications or chronologically, we would show highlights from the collection that reveal what a writer's workshop is like," Exhibition Curator Gabrielle Dean said.

Dean, the curator of literary rare books and manuscripts in the Department of Special Col-

lections at the Sheridan Libraries, detailed the process of putting together the exhibit, starting about two years ago when her team started picking up over 1,200 books and 20 boxes from Barth's house around two years ago.

The first step was organizing the plethora of materials. After, Dean and her colleagues worked to find the center of the exhibition, the short story collection Lost and Found in the Funhouse, through poring over manuscripts and visual aids, reading Barth's work and discussing it all in faithful detail.

"[Lost and Found] is a good metaphor for being lost in his archive — and what you can find there," Dean said.

Both Dean and Jesse Chen, a senior Writing Seminars major who attended the exhibition's opening, both said that their favorite piece showed the progression of drafts, including early handwritten notes, for one of his pieces.

"It was cool to see how his ideas advanced over time, how his work changed and how he edited his own work," Chen said. "It was interesting to see how he starts off at the same place [we all] do."

SEE, BARTH PAGE B5

Peabody students collaborate in mobile concerts



LEON SANTHAKUMAR / PHOTOGRAPHY EDITOR

Peabody student percussionists and The Yellow Barn Music Haul performed together on the Freshman Quad.

By SPENCER ABROHMS
For The News-Letter

On Monday, as students made their way to classes, they may have noticed a large yellow U-Haul truck had taken over the Freshman Quad. This U-Haul quickly transformed itself into a stage, complete with all the instruments and materials required to perform a full-blown concert. The Yellow Barn Music Haul used this makeshift stage to perform their program titled "A Memory Palace."

Yellow Barn is an international center for chamber music in Putney, Vt., and the Yellow Barn Music Haul is

the center's first traveling group. The troupe is made up of the Peabody Institute alumnus and percussionist Ian Rosenbaum, accordionist Merima Ključo and a duo called Rabbit Rabbit, which is comprised of Peabody alumni Carla Kihilstedt and Matthias Bossi. Other current Peabody percussion students including Matthew Overbay, Christopher Salvito, Arlo Shulits, and Matthew Stiens also performed.

The Yellow Barn Music Haul embarked on its inaugural tour of Vermont, Maryland and Texas on Oct. 16 and will finish on Oct. 22.

"A Memory Palace" is a program that looks

at how and when we remember things. It also address whether or not we search through our memories to create our own truths about how we define ourselves. It was an engaging, immersive performance that brought the feeling of a chamber hall to the center of campus.

The accordionist Merima Ključo played many songs throughout the afternoon including "Vračenica," which is based on the Macedonian dance called Račenica and "Couperin Visiting the Balkans," which is based on François Couperin's "Les Rozeaux." One of the highlights was her performance of "Mujo Kuje," which portrays the suffering of a man who can not sleep due to his agonizing desire to be with his love.

Additionally, Ključo performed "Mehmeda majka budila," which tells the story of a mother waking her son who had a terrifying dream that his sister blindfolded him, his father bound him and his mother amputated his heart. Overall, The Bosnian-born, Los Angeles-based accordionist played a mesmerizing set that captivated

the audience.

Other performances included Rabbit Rabbit's performance of "Hush, Hush" and the Peabody percussionists' performance of "Drumming."

"Hush, Hush" is a song about the wisdom of old houses. Carla Kihilstedt played violin and sang while Mathias Bossi played keyboard.

It is a haunting song and was gorgeously performed by all. Drumming is Steve Reich's minimalist piece that uses a technique called phasing in which all players begin playing the same pattern in unison and then slowly deviate in tempo until they are playing clearly out of sync. While the non-traditional piece seemed simple at first, as it continued, the subtle changes transformed it into fascinating musical experience.

Another unconventional performance was that of Mark Applebaum's "Aphasia." The performance involved the performer sitting in a chair with a blank face and using hand gestures synchronized to a nine-minute recording that contains hundreds of different sounds. The song is meant to be a metaphor for being unable to express oneself. It was truly a unique moment in the concert. Sarah Hoover, Peabody's special assistant to the Dean for Innovation, Interdisciplinary Partnerships and Community Initiatives, was heavily involved in bringing the Yellow Barn Music Haul to Baltimore in the first place. In creating this collaborative performance, Hoover sought to help Peabody musicians become more visible on the Hopkins campus and Baltimore as a whole.

"When I first arrived at Peabody this past July, SEE YELLOW BARN, PAGE B5

Glass Animals' dream-rock sound captivates crowd

By MICHELLE YANG
For The News-Letter

English band Glass Animals brought their signature brand of psychedelic indie rock to Ram's Head Live! this past Wednesday, performing one of the final shows of their 2015 North American tour. The band, who released their debut album *Zaba* in June 2014, entertained the crowd with fan favorite songs, putting on a strikingly dreamy show.

When Glass Animals arrived on stage, brightly colored smoke punctured by flashing lights created a hazy, yet dynamic atmosphere that was perfect for the reverberating beats and sounds that *Zaba* has to offer. Between the smoke and palm trees that stood like columns onstage, the venue was

transformed from a medium sized concert hall into a tropical enclave.

All of these elements combined provided a surreal experience.

The band opened their set with "Walla Walla," which begins with a crescendo of drums and eventually their signature immersive jungle timbres. The song immediately set the mood of the concert, and audience members began swaying to the music as lead singer David Bayley's airy falsetto filled the venue.

The crowd got more hyped up when the most popular song on the album, "Gooey," came on towards the middle of the set. The crowd was enthralled with the dreamy lyrics and synthy vibes of the song.

"Right, my little pooh bear, wanna take a chance? / You just wanna

know those peanut butter vibes," Bayley sang. Particularly noteworthy moments of the concert came after the band's encore when Glass Animals surprised the crowd with an amazing rework of Kanye West's 2008 hit song "Love Lockdown."

To the delight of Rams Head Live! audience members, Bayley jumped down from the stage during this cover and waded through the audience. The energy level was amazingly upbeat and the song was an absolute success, with almost all audience members singing along.

Going out with a bang, the band chose to end with a fan favorite, their song "Pools." With the crowd still buzzing from "Love Lockdown," audience members were hyped, with just about everyone vibing and dancing.

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"Right, my little pooh bear, wanna take a chance? / You just wanna

Latino actor discusses race in the film industry

By AUSTIN HOPKINS
For The News-Letter

variety of roles convincingly.

During the talk, Plana discussed the acting roles he has portrayed throughout his career and the limited, stereotypical parts that are available for minorities in the industry.

"I have played, as an actor, every Latino stereotype except the pregnant teenager," he said.

His words speak both to his ability as a character actor and to the state of the film industry. While he noted that many of his more stereotypical roles presented themselves earlier in his career, he does contend that there has not been much change since that time.

Plana also spoke about the need for everyone to find what they are truly passionate about and who they truly are, even if the process is difficult and requires a certain amount of selfishness. He

SEE PLANAS, PAGE B4



COURTESY OF MICHELLE YANG

Hailing from Oxford, Glass Animals performed songs from their debut album at Rams Head Live!

Steve Jobs biopic focuses on personal drama



Tim Freborg
Flashframe Film
Reviews



With Michael Fassbender in the title role, *Steve Jobs* follows the Apple CEO through three product launches.

GAGE SKIDMORE/CC-BY-SA 2.0

To say that Apple co-founder and former CEO Steve Jobs is a controversial figure in the tech world would be a bit of an understatement. The world has been fascinated with cracking the code of just who this man was in the years following his death in 2011. Naturally, Hollywood has followed suit.

When I first heard about *Steve Jobs* the movie, directed by Danny Boyle and written by Aaron Sorkin, I was extremely apprehensive. In the first place I wasn't a fan of the title which makes the film somewhat confusing to discuss. It's easy to confuse the film for the man.

But the bigger issue is that in the roughly four years since Jobs's death there have been no less than a half dozen films about him put into circulation. Ranging from character dramas to documentaries, each one

claims to be the definitive depiction of the man, and his portrayals have ranged from almost cruel and domineering to nearly saint-like in his artistic vision. I've sometimes said jokingly that how one sees Steve Jobs really boils down to how many Apple products someone owns.

That being said, with so many opinions and films trying desperately to peel back the layers of this man's psyche, the truth almost feels like it gets lost in the confusion. Every detail of the man's life has been pulled out and put under a half dozen microscopes, which all tell us something different about him. What then could *Steve Jobs* possibly add to this cacophonous mess?

Steve Jobs depicts three key events in the life of its titular protagonist (played to perfection by Michael Fassbender). Set just before the official reveals of three of his projects, the film largely focuses on the veritable roller coaster that was Jobs's career at Apple.

Along the way we're given glimpses into facets of Jobs's personal and professional issues. His abrasive and aggressive personality puts him at odds with nearly everyone around him, his grandiose plans always rapidly deteriorate and his ultimate "progressive" vision

only serves to alienate him from the reality he finds himself stuck in.

To make matters worse, a familial ghost of Jobs's past haunts him every step of the way in the shape of an estranged daughter and lover, which further complicates just who and what this

man values. As his world crumbles around him, audiences are left wondering — how will this man become what we think he is? Moreover, does he even deserve to?

True-to-life setting aside, *Steve Jobs* is purely and unmistakably a character drama. Cut through the tech-talk and shiny Apple skin, and what

we're left with is a piece about how this man fits into the world (or, rather, how he refuses to fit).

It would have been incredibly simple to portray any of the characters here as either in the wrong or in the right, but the film typically shies away from doing so.

While Fassbender's Jobs may be arrogant, abrasive and downright mean-spirited at times, it is difficult not to get taken in by his passion. Secondary characters do an equally exemplary job.

Seth Rogen, portraying Jobs's long-time associate Steve Wozniak, brings such an earnest charm to the role that it's almost heartbreakingly every time these two men butt heads.

That's not to say the film is all drama, drama and drama. Fassbender, Rogen and a number of other cast members are all enormously funny men — Michael Stuhlbarg as Andy Hertzfeld come to mind. Their biting, sarcastic quips are able to cut through even the most gripping intensities making sure the laughs come just as easily as the gasps.

Praise aside, the film is not without its share of issues. Because communication breakdowns are so common between characters, many scenes tend to drag on a bit too long, and the film constantly retreads through information that we've already been given.

Additionally, despite

having the film set across the span of roughly a decade, the development of certain plot points is fairly minimal. This becomes apparent at the third and final product launch where several story points that weren't even mentioned in the entire second act are finally brought home to roost. While likely an attempt to bring the film full-circle in some ways, in effect it does throw the pacing a bit askew.

The second or middle segment feels the least important to the overall narrative arc of the film since the first and third have far more in common with one another.

While pacing issues are really the biggest issue the film suffers from, it still holds up remarkably well. Would I go so far as to claim it's the definitive Steve Jobs film, as so many others likely will? No I won't. I don't think it's possible to say that at this point, and there will always be an alternate interpretation.

Luckily I'm not here to judge whether or not the film does the man justice. That's not what is important. The simple fact of the matter is that *Steve Jobs* is an engaging and emotional film that has no problems standing on its own. While perhaps not a must-see, the film certainly does its job well.

Now if only it had a better title.

Overall Score: 8/10

The Johns Hopkins News-Letter



Making frenemies
... Since 1896

Ugly Betty actor talks about following dreams

PLANA, FROM B3
used his own experiences as a Cuban immigrant as an example and described his journey coming from a position where neither he nor his family believed that acting would be a viable career.

He talked about the difference between his and his wife's socioeconomic status and that of his children and how important education was for this advancement.

Plana gives back to the community through a program called Language in Play, which draws from his experiences as an actor and emphasizes the integration of play into the classroom.

The goal of the program is to assist students with language learning, especially kinesthetic learners who struggle with more traditional techniques of learning. He focuses on language as the center of education because of the importance of knowing languages in all types of careers and in life in general.



Tony Plana, most well-known for his role as Igancio Suarez in ABC's *Ugly Betty*, spoke to students.

Plana hopes to pave the way for young people who want to follow in his footsteps and to make the process easier for them.

He challenged everyone who attended the talk to focus on where they had come from and to try to better the world by contributing to their own communities.

Though the talk dealt

Our Halloween Playlist

1. "Spiderwebs" by No Doubt
2. "Zombie" by Jamie T
3. "I Put A Spell On You" by Nina Simone
4. "Monster" by Kanye West
5. "Howlin' For You" by The Black Keys
6. "Black Magic Woman" by Fleetwood Mac
7. "Walking With A Ghost" by Tegan and Sara
8. "I Want Candy" by Aaron Carter
9. "Dark Paradise" by Lana Del Rey
10. "My Boo" by Usher

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almost exclusively with serious and heavy topics, he kept the nature of the talk lighter with jokes, anecdotes and a light demeanor. The intimacy of the presentation both in the size of the audience and in the personal nature of the subject matter also helped Plana to get his points across and connect with those in the audience.

Latin American Heritage Month events are scheduled throughout the rest of October.

The remaining events include a Medical Game Night, a Soccer Tournament, Empanadas and Networking and a closing ceremony. A full list of event times, places and descriptions is available in the Office of Multicultural Affairs.

ARTS & ENTERTAINMENT

Yellow Barn presents an eccentric concert



LEON SANTHAKUMAR / PHOTOGRAPHY EDITOR
Yellow Barn accordionist Merima Kliučo performed on a quad.

YELLOW BARN, FROM B3
I spoke with Dean Bronstein of the Peabody Institute about our shared desire for Peabody musicians to be more visible in the city.

"I think we might want to think about a truck as a vehicle (pun intended...) for bringing classical music performances outside of our concert halls," she wrote in an email to *The News-Letter*.

Fortunately she discovered that her coworker Seth Knopp, a director for Yellow Barn, was developing a traveling concert stage. Hoover and Knopp began collaborating to bring the concert to Baltimore.

As well as hoping that a collaboration with Yellow Barn Music Haul would be a valuable experience for Peabody students, Hoover believed that it would help broaden students' perceptions of what it means to be a performer.

"We were able to secure funding for the concerts from Paula Boggs, a member of Peabody's Na-

tional Advisory Council, with the thought that we would be bringing something of interest and value to our city but also using the experience of the truck performances as a kind of 'lab' for our students — to get them to think outside the concert hall 'box' and to see how other performing groups program for diverse audiences and nontraditional venues.

"We know that the development of creative thinking in these ways is essential to our students' future success as performers, and we thought that Yellow Barn's visit would be a good opportunity to see an innovative idea in action," she wrote.

Yellow Barn ultimately offered an engaging performance that allowed both those who stopped in passing and those who stayed for the duration of the concert to experience the unique magic of watching a seemingly spontaneous concert appear from an ordinary U-Haul truck.

BARTH, FROM B3

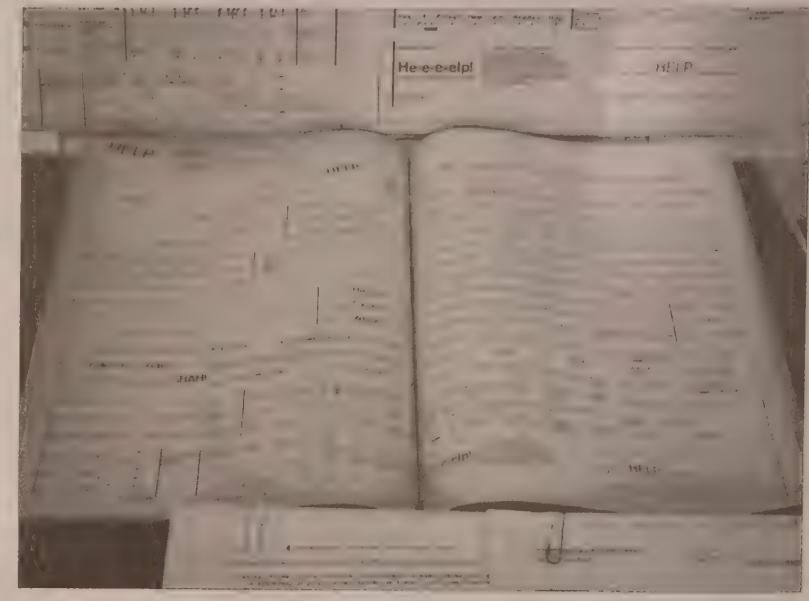
Dean also noted that another favorite piece was a box of index cards called frame tails that were organized according to how "good" Barth deemed them. They had mini plot structures that Barth could draw back to as he wrote.

The cards provided insight as to how he wrote his stories. According to Dean, Barth combined these repeated, ordinary plot structures in surprising and interesting ways.

"What I feel very strongly about is that sometimes we forget that artists have to work hard," Dean said. "Especially for people in the sciences, business, engineering or fields where there is a lot of cultural understanding that one needs to be taught, get trained and work hard to succeed, it is important to see that training and hard work are just as central to the arts and humanities. [Barth] is truly dedicated to his art as a producer and as a teacher."

The exhibition opening was attended by undergraduate and graduate students, the Writing Seminars department, friends of the library, Barth's former students and family of Barth himself.

"It was a nice social venue to talk to people and hear more about this writer and professor who had such a long history and career, especially at Hopkins. It was exciting and revealing to hear speeches from three different generations of his students, [including] ZZ Parker who I've read and



LEON SANTHAKUMAR / PHOTOGRAPHY EDITOR
The works of esteemed Writing Seminars professor John Barth are currently on display in the Peabody Library.

admire especially," Chen said. "There was one moment where Barth was talking to [a professor, and] it was interesting to see them chatting. Everyone was staring like

we were watching an important meeting of great minds."

Current Writing Seminars professor and a former student

written was worth reading by anyone. And the thrill (and danger) of submitting a handmade narrative to those penetrating eyes was a constant in that semester we studied with Jack."

Barth has won a variety of accolades for his work. In 1973 his novel *Chimera* won him the National Book Award for Fiction. The next year Barth was elected to the American Academy of Arts and Letters.

In 1997 Barth accepted the F. Scott Fitzgerald

Award for Outstanding Achievement in American Fiction. In 1998 he was awarded the PEN/Malamud Award for Excellence in the Short Story and the Lannan Foundation Lifetime Achievement Award.

Most recently, in 2011, Hopkins presented Barth with an honorary Doctor of Humane Letters degree.

"Lost & Found in The Funhouse: The John Barth Collection" will be on display until Feb. 28, 2016 in the George Peabody Library.

BMA receives \$3M for educational center

By SARAH SCHRIEB
Arts & Entertainment Editor

ity for BMA educational outreach programs for years to come.

Another part of the Center will include the BMA Outpost, a traveling public exhibit that displays replicas of works from actual BMA collections.

There will be a free inaugural exhibition within the center on Oct. 25 entitled "Imagining Home Opening Celebration." This exhibit will be a day-long festival at which families can participate in a series of hands-on crafts and activities including miniature home sculptures, quilt squares and dance activities. There will be local food from Carma's Café and other vendors as well as an opportunity to interact with artists and musicians.

The BMA currently offers a variety of programming for children, including an interactive Henri Matisse-themed computer game available on the museum's website and "Free Family Sundays" which give kids the opportunity to participate in hands-on art activities.

The BMA is seeking to engage children more in the study and creation of art through family art classes for members.

This November, the museum will host a member-only class called "Giving Thanks Through Art" — a Thanksgiving-themed class that will provide an opportunity for children to experiment with a variety of art materials and develop their artistic skills while learning how to give thanks through art.

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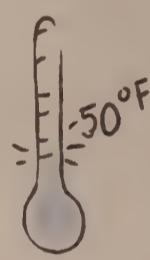
Panels' "Two Kinds of People"

By Erica Schwärz

There are two kinds of people once the weather hits 50°F...



*Already colder than mid-December
in their hometown*



Golfing weather

Hey there Hopkins!

The News-Letter is looking for students to contribute to the cartoons section!

Cartoons, Illustrations, Jokes, Ghost puns, etc.!

If you have any questions or have work to submit, please email
cartoons@jhunewsletter.com.

SCIENCE & TECHNOLOGY

California ends sales of plastic microbeads

By SABRINA CHEN
For The News-Letter

Last Thursday, California became the seventh state to ban plastic microbeads. The legislation, signed by Gov. Jerry Brown, is one of the strongest laws against microbeads used in exfoliators and other products.

The new law will go into effect on Jan. 1, 2020.

Microbeads are tiny abrasives that are often suspended in facial cleansers and other skin care products. Manufacturers such as Johnson & Johnson and Procter & Gamble advertise these beads for their exfoliating power in face and body scrubs.

The beads are most commonly labeled as synthetic compounds, including polyethylene (PE), polypropylene (PP), polyethylene terephthalate

(PET), polymethyl methacrylate (PMMA) and nylon. A single container of facial cleaner can contain more than 300,000 microbeads.

The problem with microbeads is that when they're washed off the skin, they flow from sinks and showers and eventually make their way into

larger bodies of water. The beads become part of the growing mass of plastic flotsam that is negatively impacting ecosystems, wildlife and human health. Environmentalists argue that the

billions of microbeads in our oceans have the same environmental effect as dumping ground-up water bottles into the water.

Environmentalists have estimated that microbeads, usually smaller than one millimeter in size, actually contribute

SEE MICROBEADS, PAGE B8

"This legislation will eliminate... billions of plastic microbeads."
—MARK MURRAY,
CALIFORNIANS
AGAINST WASTE

around his knees to stimulate the muscles and to create movement. The patient was able to walk along a 3.66 meter course using this new electroencephalogram (EEG)-based system.

When we walk, not only do our feet need to move across the ground, but our hips, spine, arms, shoulders and head all need to move in synchronization in order to maintain balance in the process. This involves the coordination of dozens of

By REGINA PALATINI

Senior Staff Writer

Typically when doctors succeed in allowing paralyzed patients to walk again, the patients have to rely on manually controlled robotic limbs.

However, researchers at the University of California, Irvine (UCI) have recently found a different way to restore the ability to walk in a person who was paralyzed for five years due to a spinal cord injury. They were able to use direct brain control to allow the person's legs to function well enough for him to walk again.

Walking is one of the seemingly simplest yet physiologically most complex activities that we call upon our bodies to perform every day. Vital to our daily activities, the process of walking requires an elaborate performance from our muscles, bones and nervous system.

When we walk, not only do our feet need to move across the ground, but our hips, spine, arms, shoulders and head all need to move in synchronization in order to maintain balance in the process. This involves the coordination of dozens of

muscles to provide forward progression while maintaining the body's balance and limiting its energy expenditure. During each walking step, the center of body mass shifts over the supporting leg like an inverted pendulum. In fact, human walking is sometimes described as a controlled falling.

Paraplegia is an impairment in motor or sensory function of the lower extremities. The amount of function lost tends to correspond to the level in the spinal cord where the damage takes place. Typically, mobility after paraplegia due to a spinal cord injury (SCI) is primarily achieved by substituting the lost function with a wheelchair. However, the sedentary lifestyle associated with excessive wheelchair reliance can lead to medical issues such as osteoporosis, heart disease, respiratory illnesses and pressure ulcers.

The restoration of walking after SCI, therefore, remains a clinical need.

The researchers of this study developed a system that takes electrical signals from the patient's brain and transmits them to electrodes placed



DESTINYANDFAITH/CC BY 2.0

Brain control can help paraplegic patients regain the ability to walk.

around his knees to stimulate the muscles and to create movement. The patient was able to walk along a 3.66 meter course using this new electroencephalogram (EEG)-based system.

"Even after years of paralysis the brain can still generate robust brain waves that can be harnessed to enable basic walking." An Do, one of the researchers involved with the study, said in a press release.

"We showed that you can restore intuitive, brain-controlled walking after a complete spinal cord injury. This noninvasive system for leg muscle stimulation is a promising method and is an advance of our current brain-controlled systems that use virtual reality or a robotic exoskeleton."

The participant regained his ability to walk by following a multi-step process. First, he underwent mental training. While sitting and having his brainwaves monitored by an EEG device, he was

trained to control a representation of his legs in a virtual reality environment. To recondition and strengthen his leg muscles, he also underwent aggressive physical therapy. His first incidence of actual walking occurred while he was suspended slightly above the ground, which allowed him to freely move his legs without the need to support his body weight.

Zoran Nenadic, the senior lead researcher in this study, was optimistic about the implications of its findings.

"Once we've confirmed the usability of this noninvasive system, we can look into invasive means, such as brain implants," Nenadic said in the press release. "We hope that an implant could achieve an even greater level of prosthesis control because brain waves are recorded with higher quality. In addition, such an implant could deliver sensation back to the brain, enabling the user to feel their legs."

New photos of Pluto show ice, cobalt skies



Images of Pluto taken by New Horizons show evidence of many regions of exposed water ice on the planet's surface, highlighted in blue.

By ELIZABETH LIU
Senior Staff Writer

Pluto might not be as different from Earth as we had previously thought.

Pictures sent back from the New Horizons space probe, operated in part by researchers at the Johns Hopkins University Applied Physics Laboratory (APL), suggest that the little dwarf planet has vibrant cobalt skies and more exposed water ice than expected.

New Horizons is an integral part of NASA's New Frontiers Program. The program includes

three different missions: New Horizons, the mission to explore different celestial bodies at the edge of our solar system, including Kuiper Belt objects; Juno, a mission to Jupiter to better understand its origin and evolution; and OSIRIS-REx, the first mission ever that bring samples from asteroids to analyze on Earth.

New Horizons has been continuously sending back images of Pluto since the start of summer — researchers have been able to get a good look at Pluto's glaciers, rusty red tundra and towering ice

mountains.

However, all the pictures of the dwarf planet's atmosphere were in black and white. In early October, the spacecraft finally sent back the first color images of Pluto's atmosphere.

The photographs of the planet reveal that the atmospheric hazes are a striking cobalt blue hue.

The haze particles themselves are very likely a red or grey color, but when light from the sun hits them, they scatter the white light and result in blue visible light. The color of the scattered light can reveal a great deal about the size and composition of the particles; blue typically indicates that the particles are very small.

The effect, called Rayleigh scattering, is similar to the way that nitrogen molecules scatter light here in Earth's atmosphere. Instead of nitrogen molecules, Pluto's atmosphere contains soot-like molecules called tholins, complex organic solids found on quite a few celestial bodies in our solar system, such as the moons Triton and Titan.

These molecules are created when ultraviolet radiation from the sun breaks apart nitrogen and methane molecules in the highest layers of Pluto's

atmosphere. As the reddish-colored tholins drift down, they dust Pluto's surface to give the dwarf planet its characteristic reddish-brown hue.

New Horizons has also discovered what seems to be a number of small exposed regions of water ice on the surface of Pluto. This discovery was made from data collected by the New Horizons' Ralph spectral composition mapper. The researchers believe there is a lot more water ice obstructed from view by other more volatile substances such as methane ice, nitrogen ice and carbon monoxide ice. However, why certain sites show exposed water ice and others do not still remains a mystery.

Another strange aspect is that the areas that show the most obvious water ice spectral signals are some of the reddest parts of Pluto in the recently released color images. The scientists speculate that this could have something to do with how tholins react with water ice.

New Horizons is currently functioning normally, 3.1 billion miles away from Earth. The researchers are looking forward to more data and images from the spacecraft — all of it should be back on Earth by the end of 2016.

Retina has its own circadian rhythm

By JOAN YEA
Senior Staff Writer

The suprachiasmatic nucleus (SCN), a wing-shaped structure in the hypothalamus, operates as the body's internal clock, synchronizing circadian rhythms of separate tissues to generate an approximately 24-hour circadian cycle for the entire body.

Numbering in several thousands of neurons on either wing, the SCN depends on signals from light-sensitive pigments in the retina for the photoentrainment process. Light cycles sensed by these photosensitive proteins in the retina enable the SCN to reset the body's clock in accordance with the external environment.

Researchers, however, have recently discovered that not all of the photosensitive proteins in the retina are geared toward resetting the SCN. As described in an article published online on Sept. 21 in the journal *Proceedings of the National Academy of Sciences*, one specific photopigment allows the retina to set its own circadian rhythm independently of the tempo determined by

the body's master clock. Researchers from the Johns Hopkins School of Medicine and the University of Washington Medical School used genetically-engineered mice in their investigation of the function of certain photopigments in the retina.

Of the seven opsin proteins, photopigments, which are present in the mammalian retina, were of primary interest, along with the proteins OPN3 (encephalopsin) and OPN5 (neuropsin). Opsin proteins are light-sensitive proteins found in the retina.

Though commonly found in neural mammalian tissue, the function of OPN3 has not been determined. The researchers of this study devised an approach to see whether the mice lacking the OPN3 gene still displayed signs of retinal photoentrainment, which means whether the retina could train itself to follow the patterns of light and darkness in the environment.

The investigators discerned less robust activity patterns in the eye without OPN3, but otherwise the retina displayed

SEE RETINA, PAGE B8



Pluto's blue haze is caused by sunlight scattering off of tholins.

SCIENCE & TECHNOLOGY

Nerve transfers permit more patient movement

By ADARSHA MALLA
Staff Writer

We often take detours to avoid roads that are damaged or under construction. Researchers and surgeons at the Washington University School of Medicine in St. Louis are pioneering nerve transfer surgeries in a similar manner by taking bundles of healthy neurons on a detour to give spinal cord injury patients a second chance at independently performing routine tasks.

Essentially the re-engineered nerve networks reestablish previously interrupted communication between the brain and the muscles, allowing patients to perform basic tasks such as writing with a pen or eating.

In the article published in the October *American Society of Plastic Surgeons*, Plastic and Reconstructive Surgery issue, the researchers assessed outcomes of nerve-transfer surgery in nine quadriplegic patients with spinal cord injuries in the neck. Every patient in the study reported improved hand and arm function.

Technically the surgery is not complicated. The human spinal cord acts as the body's control tower by communicating both what we sense and what we do to the brain. The cervical spinal cord, the section of the spinal cord in the neck, is comprised of seven vertebrae, or bones, denoted as C1 through C7. Injuries to the lower bones of the neck (C6 or C7) generally produce partial loss of function in upper extremities and are the targeted cases for this novel nerve transfer surgery.

Think of each vertebra in the spinal cord as a cable box, to get a better idea of the surgery. Imagine particular cables that bring information in and particular cables that carry information out plugged into the cable box. In the case of vertebrae C6 and C7, these 'cable boxes' have cables (nerves or bundles of neurons) carrying information from the spinal cord all the way to lower parts of the arm and hands.

When a patient has a disease of or injury to C6 or C7, the patient's spinal cord and brain can no longer communicate with the lower arms or hands of the patient, and the patient loses control of these body parts. Surgeons actually cut the injured nerves coming from C6 and C7 during nerve transfer surgery and connect nerves that come from a different, healthy 'cable box' (C1 — C5) to the muscles that control the lower arms and hands (areas that were previously connected to C6 or C7).

In summary, the surgeons redirect nerves coming from an uninjured site of the spinal cord to grow towards the lower arm and form new connections that will once again allow communication between the spinal cord and the arms through this new pathway.

The operation can be performed even years after a spinal cord injury and usually takes four hours.

However, because the surgeons are cutting nerves and attempting to reconnect new ones, extensive physical therapy is required to facilitate the growth of redirected neurons and strengthen the new connections between these neurons and the muscles in the hand.

Improvements are initially small but accumulate over time to greatly impact a patient's quality of life.

"Physically, nerve transfer surgery provides incremental improvements in hand and arm function. However, psychologically, these small steps are huge for a patient's quality of life," the study's lead author, Dr. Ida K. Fox, told *The Newsroom* at Washington University in St. Louis.

Ultimately surgeons and researchers hope to develop techniques that will result in full restoration of movement to the estimated 250,000 people in the United States living with spinal cord injuries. More than half of such injuries involve the neck. However, until a cure is found, progress in regaining basic independence in routine tasks is a top priority for those looking to improve the quality of life for these patients.

Retinas can sense light cycles, set the body's clock



The circadian rhythm, which regulates sleep cycles, is more complicated than was thought.

RETINA, FROM B7
continued light sensitivity.

However, the lack of OPN5 led to an impaired retinal ability to adapt to cycles of light and darkness.

To ensure that the absence of OPN5 and not overall retinal dysfunction caused the disruption of the retinal photoentrainment process, the researchers conducted various tests. The results yielded a surprising implication — local photoentrainment of the retina does not depend on the photopigments utilized for the entrainment of the SCN. In other words, the genetically engineered mice lacked OPN5 but possessed intact and functioning photosensitive cells

such as rods, cones and OPN4 (melanopsin) which are necessary for the resetting of the SCN.

In addition to investigating the absence of OPN5 on local retinal photoentrainment, the investigators conducted experiments with different wavelengths of light to determine whether OPN5 would be more sensitive to different wavelengths than other opsins proteins. In contrast with other photoreceptor cells, OPN5 was identified to be most responsive to Ultraviolet (UVA) and violet light which bolstered the research team's finding that some separate light signals control the retina's

molecular clock while others set the body's master clock.

A thought though the investigators have neither determined the type of cell that expresses OPN5 nor the nature of the signaling mechanism by which OPN5 controls local photoentrainment within the scope of this study, the research team posits that the OPN5 signaling pathway is a functionally unique circuitry.

It is possible that signals originating from OPN5 may depend on coded electrical or chemical signals different from the action potential electrical signals utilized by the pathway from rods, cones and OPN4 to the SCN.

Possible reasons for this differentiation between light signaling pathways present an area for further study. According to the research team, the division of labor among

retinal pigments may suggest a selective advantage in separate photoentrainment processes. While OPN5 is not required for SCN photoentrainment, it is necessary for the local photoentrainment of the retina and the cornea.

The investigators also recognized in their efforts to identify the function of OPN5 that the cornea of the eye showed signs of local photoentrainment separate from the entrainment of the SCN.

Corneal local photoentrainment processes, as in the case with retinal photoentrainment, continued in the genetically engineered mice lacking OPN5 and malfunctioned in the rodents without OPN5. To the researchers' knowledge these findings are the first to establish evidence for photosensitive elements in the mammalian cornea which was previously thought to be incapable of photoreception.

Though the investigators are perplexed as to the exact nature of OPN5 signaling in the cornea, they have adduced compelling evidence for the function of the formerly unknown function of OPN5 and intend to further inquire about the nature of this local photoentrainment process in the retina and cornea.

Artificial intelligence can enhance safety of planes

By RAYYAN JOKHAI
For The News-Letter

Boeing, one of the largest global aircraft producers, has teamed up with the Carnegie Mellon School of Computer Science to establish a new Aerospace Data Analytics Lab which will explore the potential application of artificial intelligence and big data to Boeing's aerospace endeavors.

While the partnership plans to tackle many different objectives, the team's main goal is to analyze the large quantity of data in the aerospace industry. With the help of computer science, specifically the subfield of machine learning which utilizes algorithms that can understand data and make predictions based upon it, Boeing and Carnegie Mellon University (CMU) hope to optimize Boeing's aerospace activities. The partnership plans to enhance Boeing's design,

construction and operation in the aerospace field by turning this data into applicable information.

Jaimie Carbonell, professor at Carnegie Mellon, director of the Language Technologies Institute and head of the new analytics lab, claims that while the massive amounts of data from the aerospace field can easily overwhelm humans, the use of machine learning will allow Boeing and CMU to decipher the data and make useful conclusions to enhance real-world performance.

One example of the



The partnership between Boeing and CMU aims to improve preventative maintenance.

benefit of machine learning can be seen in airline maintenance. Rather than having to fix planes after they need maintenance, Boeing and CMU hope to be able to use data to predict when planes need fixing before they actually do. In doing so Boeing might be able to gain a competitive advantage

over other companies in aerospace such as Airbus and Lockheed Martin.

In a typical Boeing 787 Dreamliner, a large amount of data is compiled from the plane's sensors, pilots, structural mechanisms and engineering databases.

"This provides a golden opportunity, merging CMU's capabilities and Boeing's data to address problems such as predictive analysis for preventive maintenance — rather than after-the-plane-is-grounded maintenance," Carbonell told *The Washington Post*.

A simple analogy to understand how CMU plans to help Boeing can be seen in the "check engine" light that comes on in automobiles before the engine is inoperable. This preventative approach is designed to make planes safer and to save time on the tarmac by anticipating last-minute mechanical failures ahead of time.

In the past the CMU School of Computer Science has made a number of inventions, which include a robotic arm that can pick up a cup of coffee and a self-driving car.

The lab has started with over six Boeing projects and over 20 Carnegie Mellon researchers and hopes to grow in the future.

Seven states now outlaw use of plastic microbeads

MICROBEADS, FROM B7
to about 38 tons of plastic pollution in California every year.

"This legislation will eliminate the billions of plastic microbeads that are dumped into California's precious freshwater and marine environments every day," Mark Murray, executive director of Californians Against Waste, told *The Huffington Post*. "Future generations will look back and wonder why these tiny pieces of plastic were ever even considered for use in products that are designed to be washed down the drain."

Robert Larson, executive director of the California Association of Sanitation Agencies, added that the beads can be particu-

larly harmful to marine life and that the bill is a good policy.

Stiv Wilson, director of campaigns at the non-profit group the Story of Stuff Project that advocates against waste, also expressed his support for the legislation.

"We're obviously incredibly excited. We just passed a very simple ban on plastic microbeads without any loopholes," Wilson told *The New York Times*.

Microbead bans are already in place in Illinois, Maine, New Jersey, Colorado, Indiana and Maryland. In contrast with bills prohibiting microbeads in other states, the California bill also bans the use of biodegradable microbeads. When the bill was first in-

troduced, the consumer products industry argued that it was overly restrictive. The industry was especially upset that the bill did not even allow for environmentally-friendly alternatives to microbeads.

However, Lisa Powers, a spokeswoman for the Personal Care Products Council, recently stated in an email that the industry trade group has taken a neutral position on the bill. An earlier version of the California bill only prohibited synthetic products. According to this bill, natural products such as ground walnut shells could be used as alternatives. When the bill failed in the state Senate, proponents of the bill agreed to ban natural alternatives. The legislation

was then granted reconsideration and was passed in the Senate the next day.

New York was the first state to attempt implementation of a microbead ban in 2014 after Attorney General Eric Schneiderman found that microbeads were systematically passing through wastewater treatment plants and entering bodies of water. It was estimated that roughly 19 tons of microbeads wash down the drains of New York's buildings each year. Though the bill failed to pass in the Republican-controlled Senate, Schneiderman is continuing to push for this legislation. Illinois was the first state to successfully pass a statewide microbead ban last year after environmentalists noticed the presence

of the tiny particles in the Great Lakes.

Many people are also pushing for a federal ban of the microbeads. However, microbeads only make up a small part of the overall plastic pollution problem that is plaguing the planet. Debris from land-based activities in North America and Asia build up when humans dispose of vast amounts of plastic in areas such as the Great Pacific Garbage Patch. This plastic can take centuries to break down. Nevertheless, many environmentalists argue that the growing microbead bans in the U.S. is a good first step in addressing the plastic pollution problem.

SCIENCE & TECHNOLOGY

Diamonds offer method of detecting cancer

By TONY WU
Senior Staff Writer

In recent decades cancer has become a major health concern in both developing and developed countries.

Cancer is the result of malignant tumors that grow aggressively. As a result, cancer-treating efforts emphasize the importance of detecting aggressive tumors in the patients. Screening for cancer is difficult because no noticeable symptoms appear before the development of a tumor. Current screening techniques, such as X-rays, are also damaging to the patient and cannot detect many types of cancers.

Cancers are caused by an abnormal growth of cells and can occur in many different locations. In all cancers an earlier diagnosis and treatment increases the chances of curing the patient. A major obstacle to early cancer detection is the lack of symptoms. In fact, most cancers are detected only after the patients are able to feel the tumors. These tumors are then subjected to imaging tests such as MRIs, ultrasounds and X-rays to determine their location and size. To test for malignancy, doctors perform biopsies by extracting a sample from the tumor and observed with a microscope.

These imaging and diagnostic techniques place limitations on cancer detection. For example, X-rays cause damage to cells, increasing the risk of cancer development. An ultrasound, on the other hand, offers real-



WILERSON S ANDRADE/CC-BY-SA 2.0
Scientists recently discovered that hyperpolarized diamonds can be used to detect cancer in humans.

time images but with poor resolution. Last of all, an MRI scan is very costly and places restrictions on patient size. Because of these disadvantages, researchers are developing new methods for patient imaging utilizing nanoparticles.

Nanoparticles are nanoscale systems that can be modified or synthesized for personalized medicine. A recent development involves hyperpolarized nanodiamonds in the field of imaging. Researchers from the University of Sydney discovered that by aligning the carbon atoms in a nanodiamond, they can detect its presence with an MRI scanner.

Scientists explored several methods of producing hyperpolarized diamonds. The simplest is called brute-force hyperpolarization, which utilizes differences in magnetic field and temperature to create different nuclear spins. The

researchers first cooled the diamonds to 35 millikelvin with a magnetic field of four tesla.

After the nuclear spin of the diamonds equilibrate to the nuclear-spin polarization at those thermal conditions, the temperature is rapidly raised to room temperature, and the magnetic field is increased to seven tesla. This allows the MRI scanner to detect the diamonds as they change their nuclear spin toward the polarization of the new thermal condition.

Other methods that were published included hyperpolarization through the solid effect and hyperpolarization in water. The solid effect takes advantage of the impurities in diamonds which allows a transfer of spin polarization from electrons to the nuclei of the atoms through microwave magnetic fields.

This type of hyperpolarization is called dy-

namic nuclear polarization and is different from that achieved through the brute-force method.

Hyperpolarization in water utilizes a combination of brute-force and solid-effect hyperpolarization. A suspension of nanodiamonds and water is heated and subjected to microwave magnetic fields. This allows dynamic nuclear polarization to occur.

All these methods produce a sufficiently hyperpolarized nanodiamond that can be used for imaging and detection with a MRI scanner. These hyperpolarized nanodiamonds can act as contrasting agents to MRI imaging, allowing greater visibility of internal body structures during an MRI. This means that they work like beacons in an MRI, and they could potentially give doctors a better view of what's occurring inside patients' bodies, leading to earlier detection of cancer.

Can neuroscience live up to its promise?



Duy Phan
The Brain Wave

In the contemporary world, neuroscience has become the sexy science. Newspapers often feature headlines about the newest discoveries about the brain. Students line up to get degrees in neuroscience.

Despite all the excitement about the brain, why haven't the promising results on the laboratory bench been translated into the clinic?

First and foremost we are still

far away from understanding how the brain works, even under non-pathological conditions.

Indeed, over the past 100 years we have made great advancements in understanding the brain from many fundamental perspectives, from cellular and molecular biology to biophysics and chemistry. Yet all of this knowledge is still just the tip of the iceberg in terms of what there is still to know about the brain. If we don't know how the brain normally works, trying to design a treatment to fix a sick brain is an even more challenging task.

In fact, many medications that are being used to treat psychiatric disorders did not arise from deliberate design. Rather their abilities to treat some symptoms were discovered by random trial and error. How these medications truly work to modify brain functions still remains a big mystery to this day.

Beyond our lack of how the brain works, we must also recognize that not everything can be solved by medications. This is especially true for mental health disorders, which are underpinned by so many possible heterogeneous factors that it is, perhaps, impossible to design one single magic pill that can target all underlying causes. Additionally, the influence of the environment and external circumstances also makes it challenging to dissect a single biological cause of psychiatric illnesses. Is it really possible, for example, to consider complex cases such as recurrent physical and mental abuse from a purely biological perspective?

Do these cases even have a biological dysfunction that can be corrected by therapeutics? While some argue that increased microglial activity is merely a protective response to the neuronal changes that accompany the disease, Oliver Howes, principal investigator of the study, disagrees with this hypothesis.

"My hunch is that... microglial activation is part of the disease pathology, as opposed to a protective response... We know that people with schizophrenia have loss of synapses, and that microglia play a role in synaptic pruning. If pruning goes to excess or goes wrong, it could lead to major problems in brain function, and that may be what we're seeing here," Howes said in *The Guardian*.

Surely some illnesses do not only arise from "nature," but also from "nurture," making it difficult to design medications for psychiatric disorders. Due to the non-biological influences of some psychiatric illnesses, I believe that the most medications will ever be able to do is attenuate some symptoms of these illnesses.

Inflammation linked to onset of schizophrenia

By MANISH PARANJPE
Staff Writer

The symptoms of schizophrenia — auditory and visual hallucinations, delusions and irritability — have long been known. Yet the underlying causes of this disease, which affects more than one in 100 Americans, are still a mystery. However, a new study published in *The American Journal of Psychiatry*, found that microglial-based inflammation may also play a role in the development of schizophrenia. Inflammation in the brain caused by the microglia,

or the defense cells of the nervous system, has long been observed in schizophrenic patients. Post-mortem studies have revealed large structural abnormalities in the complex architecture of the brain in individuals with schizophrenia.

The field of neuroscience has long centered on the study of neurons, the fundamental units of the nervous system that are responsible for transmitting electrical signals throughout the body.

Until recently, research has largely ignored the role of glial cells, which are thought to occupy

about half the volume of the brain.

Microglia are a type of glial cell that specializes in mounting immune responses to protect the nervous system, including pruning away damaged neurons. After being activated by mechanisms that are still not fully understood, microglia can engulf damaged neurons, often releasing pro-inflammatory cytokines in the process.

Inflammation caused by microglial cells has been well-characterized in a host of diseases, including autism, Alzheimer's disease and now

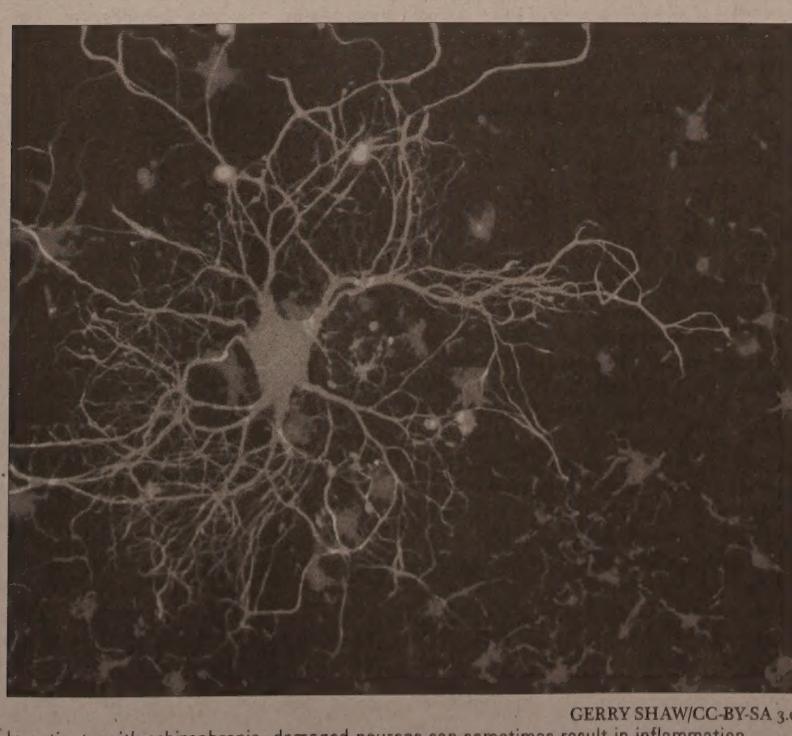
schizophrenia. Studying the role of microglia in schizophrenia could help uncover the precise molecular changes that lead to schizophrenia. This, in turn, may enable scientists to engage in early intervention, stopping the disease even before its onset.

Researchers at North Carolina State University and Imperial College London analyzed microglial activity amongst individuals predicted to be at an ultra-high risk for schizophrenia and those already diagnosed with the disease.

By using $[11C]PBR28$, a radioactive tracer that binds to the microglial translocator protein (TSPO), the researchers were able accurately to detect the activity of microglial cells. Microglial activity was compared to normal individuals as controls.

In this study, lead author Peter Bloomfield and his colleagues found that a greater volume of a radioactive tracer was present in the total gray matter, frontal lobe and temporal lobe regions of those in the ultra-high risk cohort, but a lower volume was found in these individuals' cerebellum and white matter.

Even after correcting for variations in the binding affinity of the tracer in their test individuals, the researchers still found increased microglial activity in the high-risk patients. Similar results were observed when sci-



GERRY SHAW/CC-BY-SA 3.0
In patients with schizophrenia, damaged neurons can sometimes result in inflammation.

SPORTS

Germano's five passing TDs key to Jays' victory

FOOTBALL, FROM B12
five of six consecutive drives.

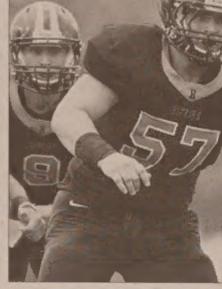
"What helps us be successful week in and week out is our competition during practice," Lewis said. "We hold each other accountable for every route, catch and block. Our DBs are some of the best in the nation, which also helps us compete against them and be prepared for Saturdays."

Hopkins was also able to dominate the ground game on Friday, rushing for 209 net yards. This charge was led by backfield duo junior Stuart "Splash" Gang Stuey" Walters and senior Brandon Cherry.

Walters, who averages 70.0 yards per game, broke out for 89 on Friday as well as a score — his sixth touchdown of the year. Cherry tacked on 62 yards, including a 27-yard breakout run.

The explosive duo combines for over 850 yards this year, each averaging 6.4 yards per carry.

"I think [the reason we are able to succeed] is the fact that because we rotate often we are able to remain fresh, which can wear a defense down," Cherry said. "Also we both have a passion for



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Robust blocking has enabled huge runs for the Jays' backfield.

the game of football and big plays, so every time we touch the ball we are trying to put points on the board."

Six Jays finished the night with five or more total tackles, led by senior linebacker Keith Corliss. Two of Corliss' tackles were sacks, leading to a total loss of 10 yards.

Juniors Dan Johnson and Jack Toner and sophomore Michael Munday all picked off Dickinson quarterback Billy Burger. Toner returned his interception for 34 yards which resulted in a touchdown by Hopkins just three plays later.

The Jays have four games remaining — all conference matchups. If Hopkins can win out, this will mark their third straight year of being undefeated in conference.

"As a team, we look at each week as our only goal to win," the junior Munday brother said. "Overall we want to win a conference championship and continue into the postseason as far as we can. But right now we try to take it one week at a time."

The Jays will travel to Gettysburg College to take on the 5-1 Bullets Saturday Oct. 24.

Women's XC excels with several runners resting

XC, FROM B12
were lots of season bests. I'm pumped for conferences in two weeks and hope to PR especially after three weeks of break from racing. It will also probably be my last race of the cross country season," Clawson said.

"Cross country has been the highlight of my time at Hopkins so far," she continued. "I love the team. It's only been two months and I've already become really close with people, especially the other freshmen."

Erin Brush, another freshman runner, also had good things to say about the team's performance.

"I think it has been amazing to see our program compete so well against top Division I teams," Brush said. "We have beaten UConn, Princeton, Yale and a lot of other talented teams so far this season and I feel like that's a big reason our program is so unique. Our top girls have un-

real talent and I'm excited to see what they accomplish."

Looking forward, the Blue Jays have two weeks to prepare for the 2015 Centennial Conference Championships, a title they have won for the past seven years in a row. The event will be at Hopkins on Saturday, Oct. 31.

Senior Sophia Meehan is the heavy favorite to win conferences, as she has been at the top of several meets this year and was National Runner of the Week recently.

Hopkins will also benefit from their difficult non-conference schedule, which featured bouts with several elite D-I programs and many of the better D-III schools.

The experience of competing against runners who are better on paper will serve to calm the Lady Jays' nerves going into conferences and national championships.



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The 2015 NCAA championships — the goal of the Women's XC.

BLUE JAY SPORTS SCOREBOARD			
Water Polo	Football	Water Polo	Women's Tennis
Oct. 11, 2015 @ Bucknell L, 9-4	Oct. 16, 2015 vs. Dickinson W, 34-7	Oct. 16, 2015 vs. George Washington W, 17-11	Oct. 17, 2015 @ ITA National Small College Championship
Men's Soccer	Women's Lacrosse	Field Hockey	Women's Soccer
Oct. 21, 2015 vs. Neumann W, 2-1	Oct. 17, 2015 Alumni Game Homewood Field	Oct. 17, 2015 @ Haverford L, 3-1	Oct. 17, 2015 @ Haverford W, 1-0

Women's Soccer beats Fords with new formation

By GAB RUSSO

For The News-Letter

The women's soccer team took on the Haverford College Fords on Saturday, Oct. 17 in their 13th game of the season. The Lady Jays beat their opponent 1-0, making their overall record 9-3-1 and their conference record 5-1-0.

Coming off of a win last weekend against the Ursinus College Bears, the Lady Jays had a full week of rest going into this game in Haverford, Pa. Haverford now has a record of 9-3-1 and a conference record of 2-3-1.

From the beginning of the game, it was obvious it was going to be a tough battle for Hopkins.

"Haverford always comes out hard and puts up a good fight," junior Vania Ludman.

Knowing this, the Lady Jays had to adjust the aggression of their play.

Ursinus was aggressive, Ludman said, and the Jays had to play frantically.

"But we focused on playing our game and pulled it together in the second half to come out with the win," she said.

Hopkins was able to calm down and keep their composure but was unable to convert any opportunities into goals.

At the start of the second half, the Lady Jays remained strong but were

still unable to get on the scoreboard.

Around the 70th minute, Ludman threaded a ball to junior Meg Van de Loo into the box, but Van de Loo was fouled and awarded a penalty kick. Van de Loo converted the kick into what turned out to be the only goal of the game. This was her 12th goal of the season.

Junior goalie Clara Aranguren only needed to make one save this game. This was their third shutout in a row, bringing the season total to five.

Hopkins surpassed Haverford in shots, leading 9-6 overall. Van de Loo and senior Alaina Arthur led the team in shots taken, with two each this game.

The University's new formation continues to bring the team success, as they outplayed Haverford with impressive possession and managed to stay composed on the ball despite Haverford's overall aggressive playing.

"With the new formation, the offense is very different but in a good way," senior Issy Berkey said.

The key to this new way of playing is unifying the team from the offense to the defense and making possession the number-one priority.

"If we move as a unit with the new formation, the other team will be

easily caught off guard," Berkey said. "Our high-pressure defense will be able to win the ball back when we lose it in our offensive third."

The key to any team's success is keeping the energy high throughout the whole game.

"We kept the tempo up by keeping our movement quick. It will be very hard for anyone to stop us," Berkey said.

As the Lady Jays settle into this new formation, they will look to see more successes on the pitch by constantly pressuring their opponents from every angle.

The ending score of 1-0 showcases how tough this match was for Hopkins, especially with the only goal of the game coming from a penalty kick. This shows

that although the new formation helping them keep possession, they're still lacking the connection in the final third to convert in high-pressure situations that come with an aggressive team like Haverford.

With this win Hopkins is still ranked third in the conference, behind the Swarthmore College Garnet and the McDaniel College Green Terror, who tied this past weekend when they played each other.

On Wednesday, Oct. 21 the Lady Jays travel to take on the Dickinson College Red Devils for another conference game. Dickinson is ranked fifth in the Centennial Conference with a conference record of 3-3-1 and an overall record of 7-5-2.



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Freshman Kristen Hori (27) celebrates with her teammate on Oct. 17.

Men's Soccer falls to No. 1 Franklin & Marshall

By ZACH JAFFE

Staff Writer

The No. 1 Franklin & Marshall (F&M) Diplomats traveled to Homewood Field to take on the unranked Blue Jays in what would be a hotly contested battle from the first minute.

The Jays, who were riding a four-match unbeaten streak, proved to be one of the biggest threats of the year to the undefeated and top-ranked centennial conference foe.

Looking to stay undefeated and atop the D-III rankings, F&M pressured early on, but the Jays were able to stave off eight shots in the first half, as well as to deny the Diplomats all three corner kick opportunities.

The Jays, on the other hand, managed six shots in the first half. The goal battle started early and proved to be the theme in the game, with Hopkins junior

Bryan See and F&M senior Trevor Britton each making three saves in the first half.

Offense proved to be at a premium in this game, and to respond to that, Coach Appleby called for a more aggressive approach at the beginning of the second half.

As of the 56th minute, the Blue Jays had five shots on goal to the Diplomats' three. However, in the 56th minute, Diplomats sophomore Jeremy Levine sent a free kick into the box and the leading goal-scorer of the season, senior Chase TenBrook, headed it over Bryan to give the Diplomats a 1-0 lead.

From then on, the Blue Jay's offense was stifled by a stingy F&M defense that would not allow another shot on goal for the rest of the game.

F&M was able to do what it had done to five of its six former opponents — use an early lead to sit back and rely on its

number-four defense in goal, shutting out its opponent.

Hopkins outshot F&M 13 to 11 and both teams had five shots on goal. See finished with four saves as opposed to five for the Diplomats' Britton. Sophomore Michael Swiercz led the team in shots with four.

The Jays showed their mettle, hanging with the top-in-the-nation Diplomats who have absolutely steamrolled opponents thus far. Hopkins can certainly count on having

again if they have any post-season aspirations.

The loss drops Hopkins to 7-4-2 and 2-2-1 in the conference play, while F&M moves to 13-0-0 and 5-0-0 in conference.

The Blue Jays return to the action and travel to Allentown, Pa. to take on the Mules of Muhlenberg College on Saturday, Oct. 24 in more Centennial Conference action. With just a few games remaining in the regular season, the Jays are in good shape to secure a spot in the conference playoffs.



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Junior Samy Ramadane handles the ball in Saturday's loss to F&M.

Fantasy football is a gamble for everyone



Devin Tucker
Dev's Corner

I am horrible at fantasy football. Yet in an article earlier in the year I wrote about the different strategies to use when drafting a fantasy football team.

Although I thought I knew a lot about the sport before, I realize now that it's very easy to get a false sense of confidence about the strength of the players you're choosing.

You may want to get a player because of their successful previous seasons, or you might want to get them because you think they did well in college and therefore that might translate into success at professional football.

Whatever your method of selection, it seems as though the more research you do, the better your team will be. However, this is not the case.

There is way too much random chance that goes into sports and what influences the player on any given day.

You could even liken drafting a fantasy football team to taking educated gambles, not too far from playing blackjack at a roulette table.

Though some fantasy football team owners may have more knowledge or skills than others that may put them at slight advantages, the results of the season ultimately come down to chance.

Whether players get hurt, have problems off the field, suddenly lose a step, don't see the gaps in the defense as well or just lose their ability altogether, there exist just so many options and potential scenarios that could arise that make your team much less than you thought it would be.

I made the mistake of choosing Denver Broncos running back C.J. Anderson in the first round. All the "so-called" "fantasy experts" projected that he would do incredibly well this season because of his success at the end of the last season.

Furthermore, they also posited that Peyton Manning, while performing slightly less well than normal, would have another relatively good season.

No one would have expected that the Broncos defense would be carrying their team six games into the NFL season. Man-

ning's play has dropped off significantly, and Anderson has not had anywhere near the success as he did at the end of last season. Anderson's play in particular has declined for a reason that could not have been foreseen before the season.

Various other players have been letdowns as well, and I'm pretty sure all of them are on my team. I originally let it bother me that my team was so bad.

I felt sorry for myself at the results of the season because of my lofty expectations for where I would be at this point.

I let myself get frustrated with one of the things that I love, and it wasn't until I stepped back and thought about the actual reasons that I played that I realized there are so many reasons why people should love fantasy.

Take Atlanta Falcons running back Devonta Freeman for example.

Fantasy football puts players in a certain framework, where certain ones obtain a reputation because of what they have done in the past. There exists a significant amount of bias and subjectivity when it comes to rating certain players.

These fantasy football "experts" commit most of their errors with players who have not entered the NFL with much hype and have not achieved enough playing time. They are less accurate when judging raw talent and underlying factors like motivation, determination and heart.

Freeman exudes toughness and great motivation to gain anything possible in his favor. He always delivers a hit at the end of the play and doesn't back down from anyone.

He's not very tall, but he runs like a locomotive and plays like a giant on the gridiron. He has had unprecedented success on the football field this year, and whenever experts predict that he will have a down week or even slow down at all, he puts his foot on the gas and doesn't look back.

He wasn't even drafted in the majority of fantasy football leagues, and he has been one of the most dominant players in the game.

Never judge a book by its cover. While cliché, the same rings true for all aspects of life.

Take my advice: never be too confident and keep everything in perspective. Finally, try to stay away from fantasy football leagues that make the person who comes in last place get a tattoo in an undesirable area.



COURTESY OF JEFFERY BEALL VIA FLICKR
Peyton Manning has not performed to his usually high standards.

ATHLETE OF THE WEEK BRADLEY MUNDAY — FOOTBALL

By MAGGIE SPITZER
For The News-Letter

On Friday, Oct. 16, the Hopkins football team beat the Dickinson College Red Devils 34-7 under the lights of Homewood Field.

In the win, wide receiver junior Bradley Munday scored two touchdowns and recorded seven receptions for 142 yards.

Munday's performance on Friday night follows suit with his consistent offensive contributions to the Blue Jays' success so far this season.

After their first six games, the 5-foot-8-inch Munday leads the Blue Jays in total yards with 549, six touchdowns and 91.5 average yards per game.

The *News-Letter* sat down with Munday to discuss the team's undefeated season and his offensive contributions.

The News-Letter: What have you been focusing on to be such an offensive asset and leader for your team?

Bradley Munday: I have been focused on going to practice every day with the mentality to work as hard as I can. That's the only way to get better in my opinion. The coaches do a great job making sure everybody comes to practice every day ready to get better.

N-L: What do you think your biggest improvements on the field

are since your freshman year?

BM: I would say my biggest improvement is my confidence. Being a junior running the same offense for the third year in a row, I know the offense much better than before. This has allowed me to feel more comfortable on the field and really focus on the little things and fundamentals, which make me a better player.

N-L: Does being undefeated challenge, pressurize or motivate your team?

BM: I would say that it motivates us. We try to take one week at a time, and this week happens to be a big week because we have the opportunity to stay undefeated. As simple as that may sound, that's how we have to approach it and not get caught looking ahead.

N-L: What are your personal goals for the remainder of the season?

BM: Personally I want to be the best leader I can be. I prefer to talk about the goals our team has because individually I'm just a part of the team. So my job is to do everything I can do to help our team achieve those goals. Right now our goal is to win our seventh game and after that, to win a conference championship. I want to lead the best way I can to help us do that.

N-L: What sets the Hopkins program apart

from others?

BM: The Hopkins program is something I've never been a part of before. I've been a part of winning traditions, but the culture here is something unmatched. The camaraderie between the players and close relationships with the coaches is something I am fortunate to be a part of.

N-L: As a top ten team in NCAA D-III right

now, what is the overall mentality and attitude of the team?

BM: Coach Margraff always puts an emphasis on how rankings aren't important to him because they really don't mean anything. Sure, it gives us motivation to continue to play hard. But, for the most part, the "top ten teams" don't see each other until the playoffs. We're working one week at a time and trying to play as well as we can, so that we can feel confident at the end of the season.

N-L: What do you think your team's strengths and weaknesses are heading into the final four matches of Centennial Conference?

BM: Strengths are getting off to fast starts

and dominating early in the game. We have a lot of talent and have been ready to go at the beginning of all of our games. For weaknesses, we have become complacent in some games and have not

played as well as we should have throughout the whole game. Coach Margraff always refers to the 212 degrees analogy

— that water boils at 212 degrees but doesn't at 211. We are a great team when we play at 212 but the second we get complacent, we are at the 211 degrees range and are not playing to our full potential.

N-L: What about this season stands out for you compared to the past two years?

BM: I love the feel our team has this year. We know we have a lot of talent, and we work very hard in practice. I think everybody has high aspirations to making a serious run in the post season.

Munday and the Blue Jays will look to record their 28th consecutive regular season win and remain undefeated when they travel to Gettysburg College on Saturday.

Offense fails in field hockey's loss to Fords

FIELD HOCKEY, FROM B12

lot more on defense this week like we have been, including one-on-one situations and defensive footwork," Piscopo said. "We've been focusing on tackling outside the circle to avoid defensive corners as well."

However, there are some aspects of the team's recent performances that they can look forward to for the remainder of the season, such as the team's tenacity through both full halves on their contests.

"The team's composure was amazing on Saturday," Piscopo said. "We stuck to our game plan and style despite the competition."

The team has been playing well together and has also been assisted by some impressive individual performances this season on the off-

fensive end, including junior Bridget Hampton's.

"Bridget is always a lot of fun to watch," Piscopo said. "Her energy on the field is awesome, and I was beyond excited when she scored off of a reverse shot."

Also in the loss to Haverford, senior Kiana Duncan was able to lead the team with five shots.

"I thought Kiana had a great game," Piscopo said. "Her communication and direction was really helpful for everyone around her. I found myself cheering for her a lot while I was on the field."



HOPKINSPORTS.COM
Greta Helvie's strong game could not save the Jays.

Overall, this team feels that they have the talent and communication that is necessary to still be a contender this late in the season.

"We're really been trying to take away the positives from our past three losses," Piscopo said. "Although the score hasn't gone our way, I thought we've played some really great hockey recently."

After Friday's loss, the team has fallen to 2-4 in the Centennial Conference standings, with only four games remaining in the season. The team will most likely

have to be on top of its game from here on out to clinch a playoff berth within the conference.

This certainly appears dire for the Blue Jay season, but the team maintains composure and looks ahead with confidence, aware that with the team this dynamic and effective, hard work has potential to propel Hopkins into the postseason.

They will have another chance to start turning around their season this Wednesday at Homewood Field against their in-Conference rival, Dickinson College Red Devils, under the lights.

"We need to win the rest of our games to make the conference tournament," Piscopo said. "Our team is more than capable of doing so and it is completely in our hands."

Women's Lax sharpens game in scrimmages

WLAX, FROM B12

an official part of the Lady Jays' slate, it was still an important victory to build confidence heading into winter training.

"In the second half we struggled with the draw and struggled getting possession and only ended up winning by two, 10-8," Gearhardt said. "However, I'm proud by how much we fought to close out the win despite an aggressive push by them at the end."

The following afternoon at 4 p.m. the Jays squared off against returning Blue Jay greats in the annual alumni game at Homewood Field. The contest is a competitive but kind-spirited one

as life-long friends and past teammates try to out hustle each other on the field. Many players on the team look forward to the game every season as a great way to end the fall slate.

"Our alumni game was fun and really for the love of the game," Gearhardt said. "We got after each other but really just played with a ton of joy. It was definitely a great way to finish fall ball."

With the fall ball slate soon concluding for the Jays, it is now time for the team to turn their attention to winter training and the upcoming spring 2016 campaign. When asked to comment about

goals and expectations for the spring, sophomore defenseman Emily Verica said that the team is striving to once again qualify for the NCAA tournament, with their eyes on a national championship.

"Obviously this spring, we're looking to take advantage of our last year having an independent schedule and get back to the NCAA tournament," Verica said. "This year we want to go further than last year and make it to the Final Four and then of course win the championship."

The first year of college lacrosse is often a period of great adjustment for athletes since they must adapt

to the faster pace and higher skill level of the college game. Therefore, many Jays have made big performance jumps in their sophomore campaigns, having spent a full year in the system and having gained a better understanding of its intricacies.

"Personally I'm looking to grow as a defensive player to help the team go further into playoffs in the upcoming season," Verica said.

In what has been a fruitful fall slate, the Jays will now turn their attention to the spring with hopes for another excellent season against the tough D-I competition.

SPORTS

Air attack propels football past Dickinson

By ZACH ROBBINS
Staff Writer

No. 9 Johns Hopkins out-rushed, out-passed and simply out-played Centennial Conference foe Dickinson College this past Friday night in a game that was one-sided for all 60 minutes.

The Jays won their 27th straight regular season victory, making them 49-1 in their last 50 regular season games.

Junior quarterback Jonathan Germano had his way most of the night, completing 16 passes for a total of 269 yards and four touchdowns.

Germano dished out completions to eight different Jays throughout the game, including a big play of 72 yards to junior Bradley Munday on the first snap of the second half. This resulted in one of two of Munday's touchdowns during the game.

The Jays have been extremely successful throughout the year in turning to the air-game,



HOPKINSPORTS.COM
Junior quarterback Jonathan Germano fired four TD's Friday night.

in the season. In terms of expectations for the rest of the year, as a receiving core, we want to be significant contributors if not the best part of the team."

Junior Boone Lewis, Jr. joined in on the fun, turning his one catch on the night into a 24 yard touchdown late in the first half.

This score was during an offensive hot streak where the Jays scored on

SEE FOOTBALL, PAGE B10

Field hockey drops third straight conference game

By LUCAS BEDNAREK
For The News-Letter

Junior Bridget Hampton put the Blue Jays up with an early goal on Friday, but Haverford College struck back and defeated Hopkins, 3-1.

With this loss, Blue Jay Field hockey extended their losing streak to three games, tying with the team's longest so far this season. The team has, by their own admission, exhibited several notable aspects of their gameplay that could be improved over this stretch, but they continue to work on these areas as they remain confident heading into the ending of the season.

Of course, scoring is an issue that the team will need to address. Hampton's Friday goal is the only score that the team has produced throughout their current losing streak, and the team's average of 2.2 goals per game is second-to-last in the Centennial Conference. In their practices,



HOPKINSPORTS.COM
Junior Bridget Hampton scored the only goal for Hopkins.

however, the team has ideas of how these struggles can be mitigated.

"At practice today we really focused on a ton of shooting. Whether the shot is perfect or not, we need to hit the ball into the circle more," junior midfielder Victoria Piscopo said. "We are really working on capitalizing on our offensive opportunities. Although we generated a lot of offense, we need to score more."

Piscopo offered more insights into what the offense can do on the field to improve.

"Personally, I wanted to remain mindful of attacking through the center of the field, whether that be a pass inward or dribbling on an angle to open up options," Piscopo said.

The Hopkins team will also be looking to improve some defensive areas as well. After Hampton's goal gave Hopkins an early lead, Haverford was able to score three times on the Blue Jay defense to secure a win.

"I'm sure we'll work a

SEE FIELD HOCKEY, PAGE B11

DID YOU KNOW?

The Hopkins women's cross country team compete in the Centennial Conference Championship in two weeks. They have not lost in seven years.

CALENDAR

FRIDAY

Water Polo @ Princeton, 4 p.m.

SATURDAY

Football @ Gettysburg, 1 p.m.
Women's Soccer vs. Bryn Mawr, 1 p.m.

Men's soccer hangs tough with No. 1 team



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Despite eventually falling to No. 1 Franklin and Marshall 1-0, the men's soccer team played a disciplined game that prevented the Diplomat offensive juggernaut from pulling away. Fans at Homewood Field were treated to an exciting game where the Jays remained tied with the Diplomats until well into the second half when a header off of a free kick sailed past junior goalie Bryan See for the winning goal in the 57th minute.

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Dev's Corner: A Better's Game

Devin Tucker discusses the ups and downs of a fantasy football season. Owners should accept the random outcomes, which often occur and are out of their control. Page B11

Athlete of the Week: Bradley Munday

Junior wideout Bradley Munday has been quarterback Jon Germano's prime target this season, averaging over 90 yards a contest with six touchdowns in six games. Page B11

Women's Soccer: Big Win over Fords

The women's soccer team defeated in-Conference rival Haverford on a penalty kick goal from star junior Meg Van de Loo. This was the Lady Jay's fifth in-Conference victory. Page B10

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Women's XC optimistic for Conference meet

By SAMMY BHATIA
For The News-Letter

This past Saturday, the Johns Hopkins women's cross country team made the trek to Rowan College in Gloucester County, N.J. to compete at the Inter-Regional Border Battle. Of the 24 schools from the National Collegiate Athletic Association (NCAA) Atlantic and Mideast Regions, the Lady Jays finished in 13th place.

Of the 229 individuals competing in the event, all five of the team's scoring runners placed in the top 102 competitors.

The team tallied up a total of 405 points.

Junior Veronica Boswell completed the race with the impressive time of 22:44.43, finishing in an impressive 60th place overall.

After maintaining a solid pace in the first half of the race, she surged forward in its second leg, steadily overtaking several other runners to better her time and score more points for the Jays.

Junior Maggie Gill and freshman Shannon Martello finished within two seconds of each other, clinching the 84th and 86th spots with times of 23:18.37 and 23:20.30, respectively.

The last two scoring runners for the Blue Jays were sophomore Ellie Burton, who finished in 92nd place with a time of 23:27.25 and freshman Julia Chang, who finished in 102nd place with a time of 23:31.19.

"It's great to see how strong the team is and the depth of the team really showed," Chang said. "My teammates around me really helped me continue when the race felt hard. I'm excited for Conferences

because everyone looked really good at Rowan even though it was really windy."

Bobby Van Allen, head coach of the Blue Jays for 16 seasons and three-time winner of United States Track & Field and Cross Country Coaches Association (USTFCCCA) National Coach of the Year, pieced together the team's schedule prudently, saying that the race at Rowan served as a means to prepare certain members of the team for the upcoming championship season while resting others.

Freshman Ellie Clawson, one of the runners



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Several Lady Jays posted very competitive scores Saturday.

Van Allen had resting, viewed the race from the sidelines.

"It was really fun spectating the meet Saturday,"

Clawson said. "Even without a lot of the team running everyone ran really strong and there

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By ANDREW JOHNSON
Staff Writer

This past weekend, the Hopkins women's lacrosse team participated in two scrimmages, providing the team with a substantial opportunity to hone their formations and prepare for the spring slate when the competition really becomes critical.

On Oct. 16, the Jays travelled south to Annapolis to take on the Navy Midshipmen. The team got to enjoy some friendly competition against one of their primary in-state rivals while spending a day

in the beautiful state capital of Maryland.

Much of the fall slate is about building chemistry and developing friendships, especially for those newly-arrived to campus. A united, close-knit group will perform better and be willing to sacrifice themselves for their teammates when a game or even a championship, is on the line.

Sophomore attacker Loring Gearhardt described the trip down to Annapolis, telling The News-Letter about this wonderful team-building experience during the lead up

to the game. "The game against Navy was a great experience as a whole," Gearhardt said. "Our team had lunch in Annapolis and walked around the bay. Navy is a beautiful school, and it was surreal playing on the water with all the sailboats."

In terms of the game itself, Hopkins got off to an explosive start utilizing precise passing and excellent stickwork in building an early lead against the Midshipmen.

"We started out very strong connecting all the dots — our stickwork was great and we created a big lead," Gearhardt said.

While Navy was able to rally in the second half, the Jays were ultimately able to hold on for the victory against a talented Patriot League foe.

While the game is not

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The Jays rallied to victory in an exhibition vs. Navy.

about this wonderful team-building experience during the lead up